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ABSTRACT

This booklet, written in English, Hmong, Laotian, Vietnamese, Russian, Spanish, Bosnian, Arabic, Somali, and Nuer (this translation is published in the form of a Tape and Book Set) provides culturally appropriate educational information and photographs on baby and child safety, addressing: safe feeding; (always hold the baby when bottle-feeding so it does not spit up and choke); always staying with the baby when it is on a high place; always putting the sides of the crib up; never feeding a young baby hard foods that can cause choking; never leaving a baby alone in a walker; putting safety catches on drawers and cupboards containing dangerous things; keeping small things out of the baby's reach; keeping matches, lighters, and ashtrays out of the baby's reach; keeping cleaning products and medicines in high places; keeping knives and sharp objects out of children's reach; putting plastic caps on electrical outlets; never putting hot food or drinks close to the baby; turning the hot water heater temperature to 120 degrees; watching children carefully around water; never leaving small children alone in the bathroom; finding safe places for children to play; always having children wear safety equipment for sports; and always using a safe infant seat when driving. (Adjunct ERIC Clearinghouse for ESL Literacy Education.) (SM)

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Safety for Babies and Children

[with Translations in Hmong, Laotian, Vietnamese, Russian, Spanish, Bosnian, Arabic, Somali, and Nuer--Tape and Book Set]

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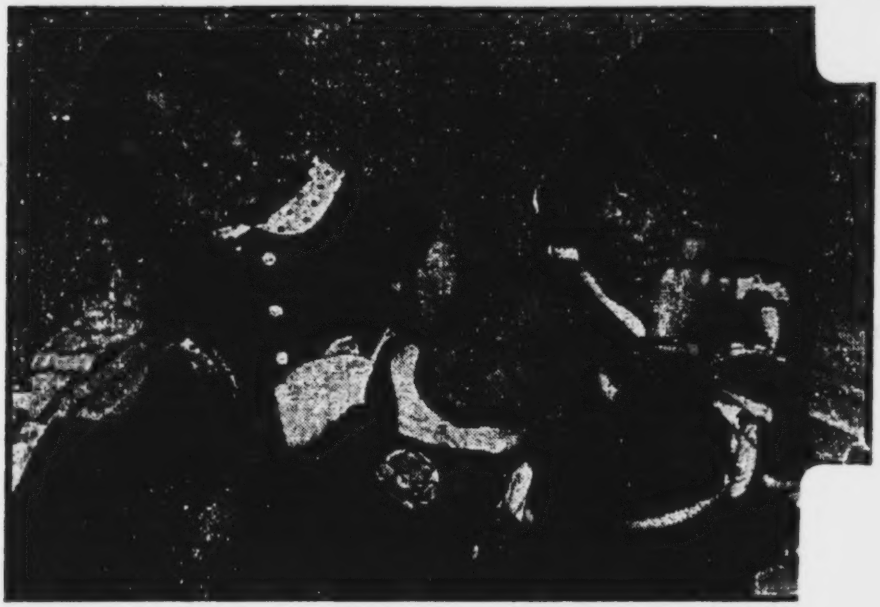
Safety for Babies and Children



Hmong

Kev Ceev Faj Rau Cov Mos Liab thiab
Cov Me Nyuam

Laotian

ຄວາມ ປອດໄພ ຂອງ ເດັກເກີດໃຫມ່ ແລະ ເດັກນ້ອຍ

Vietnamese

Sự an toàn cho những trẻ sơ sinh và các trẻ em

by Anoka County
Community Health and Environmental Services

11910874

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Safety for Babies and Children

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written by
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and
developed in partnership with
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and
Multi-Cultural Educational Services

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Translation by
Asian Translation Services
Chaosinh Saysanom
Hi Dinh Dang

Photography by Claire Mckinley

This is a book to tell you about safety for babies and children. It will give you some rules for safety indoors and outdoors. If you have any questions or do not understand something talk to your nurse, your doctor or your social worker.

Nov yog ib phau ntawv uas qhia txog kev ceev faj kom tsis txhob muaj kev xwm txheej rau cov mos liab thiab cov me nyuam. Nov yuav qhia tej kev cai kom tsis txhob muaj kev xwm txheej hauv tsev thiab nraum zoov. Yog tias koj muaj tej lus nug los sis koj tsis to taub ib yam cia li nrog koj tus nais maum, tus kws tshuaj, los sis tus neeg sau sau tham.

ຫນັງສື ສບັບ ນີ້ ແນະນຳ ທ່ານ ໃຫ້ຮູ້ຈັກ ຄວາມປອດໄພ ຂອງເດັກແດງ ແລະ ເດັກນ້ອຍ. ເປັນຄູ່ມື ໃຫ້ ທ່ານຮູ້ ຣະບຽບ ຄວາມປອດໄພ ຂ້າງໃນຫ້ອງ ແລະ ນອກຫ້ອງ. ຖ້າ ທ່ານ ມີຄຳຖາມ ຫລື ບໍ່ເຂົ້າໃຈ ອັນໃດ ກໍຂໍໃຫ້ຖາມ ນາງພະຍາບານ, ທ່ານຫມໍແພດ ຫລື ພນັກງານ ປະຊາສົງເຄາະ ປະຈຳ ທ່ານ.

Đây là một quyển sách nói cho bạn biết về sự an toàn cho những trẻ sơ sinh và các trẻ em. Điều đó sẽ cho bạn biết một vài qui luật về sự an toàn ở trong nhà và ở ngoài. Nếu bạn có bất cứ câu hỏi nào hay không hiểu điều gì hãy nói chuyện với y tá, bác sĩ hay cán sự xã hội của bạn.

Feeding Baby

Always hold your baby when the baby is drinking from a bottle, so the baby doesn't spit up and choke.

Ua zoo puag koj tus me nyuam txhua lub sij hawm thaum nws noj mis ntawm ib taub mis, xwv kom nws tsis txhob ntuav thiab daig caj pa.

ໃຫ້ອູ້ມລູກ ຂອງທ່ານ ທາງຫົວຕັ້ງຂຶ້ນ ເມື່ອທ່ານ ເອົານໍ້າ ໃຫ້ລູກກິນ ໃນຂວດແກ້ວ, ດັ່ງນີ້ ເດັກແດງ ຈຶ່ງບໍ່ປູດ ນໍ້າອອກ ຫລື ນໍ້າລິ້ນຕັນຮູຄໍ.

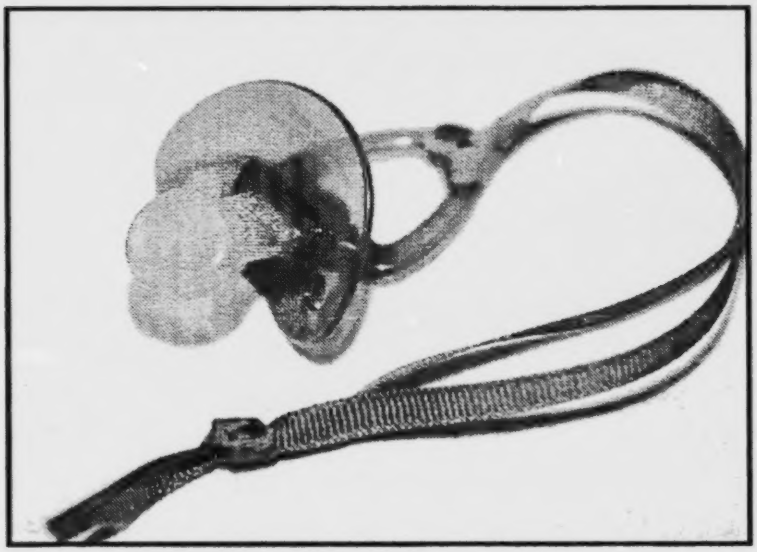
Luôn luôn giữ đứa trẻ khi trẻ uống sữa chai, để cho trẻ không phì ra và bị nghẹt thở.

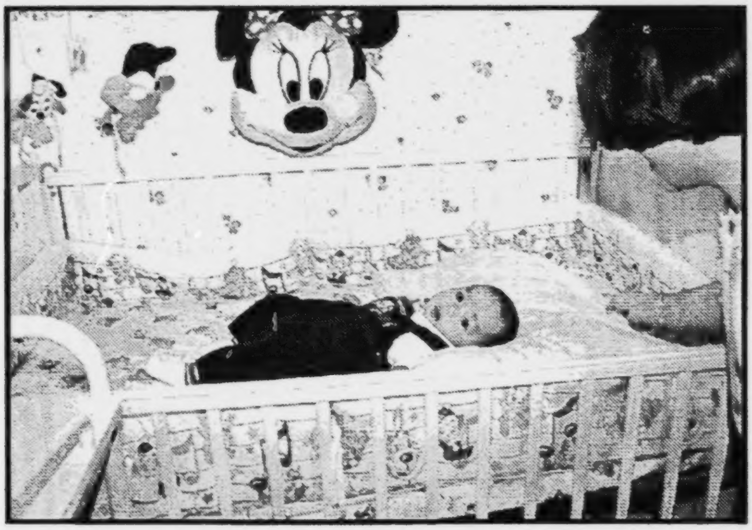
Never tie a pacifier around your baby's neck.

Tsis txhob khi ib lub txiv mis cuav rau ntawm nws caj dab.

ຢ່າເອົາ ຫມາກແວ້ຢາງດູດ ໃສຄໍເດັກແດງ.

Không bao giờ buộc núm vú cao su ở quanh cổ của đứa trẻ.





Never put the baby in bed with a bottle.

Tsis txhob muab tus me nyuam pw nrog ib taub mis.

ຢ່າໃຫ້ ລູກນອນ ໃນຕຽງ ທີ່ມີ ຂວດນ້ຳນົມ.

Không bao giờ để trẻ em ở trên giường với chai uống sữa.

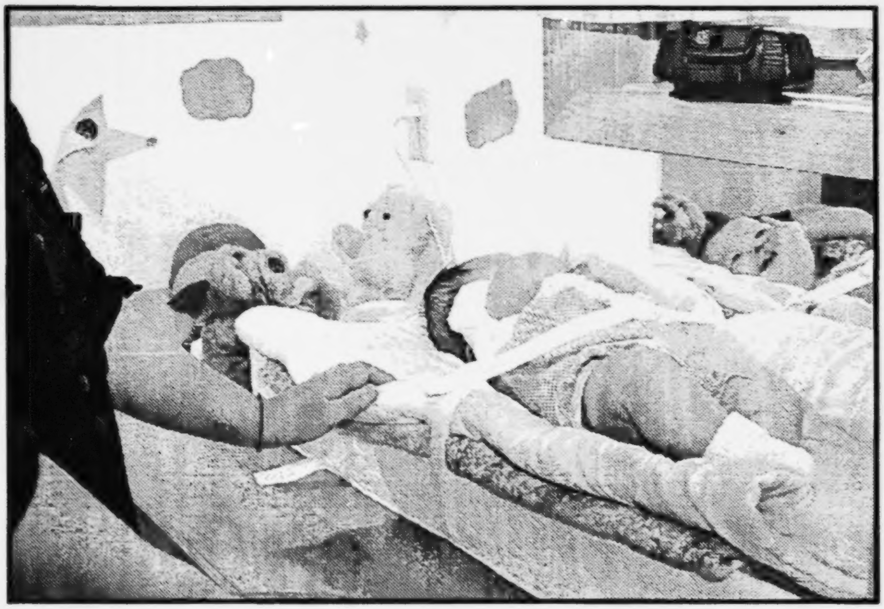
Be Careful

Always put the sides of your baby's crib up.

Ua zoo tsa ob sab ntsa ntawm nws lub txaj pw, txhua lub sij hawm.

ໃຫ້ເອົາ ປະຕູຮົ້ວຄອກຕຽງ ຂອງເດັກແດງ ຂຶ້ນຕັນໄວ້ ສເມີ.

Luôn luôn để thành giừơng của con bạn ở thế đứng.

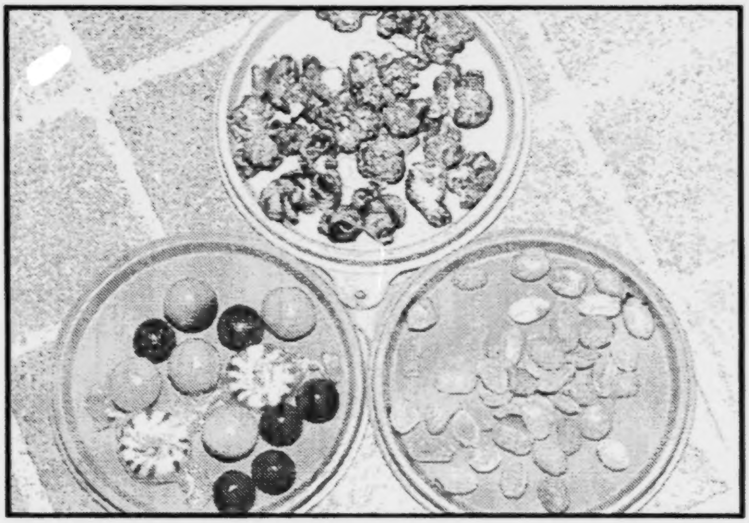


Always stay with your baby when he/she is on a high place like a changing table, bed, sofa, chair or kitchen counter. Babies can roll off and hurt themselves.

Nrog koj tus me nyuam nyob txhua zaus nws nyob saum ib qho chaw siab zoo li lub rooj hloov pawj, lub txaj, lub xas loos, rooj zaum los sis lub tub. Cov me nyuam ntxeev ho poob tau thiab yuav raug mob.

ເມື່ອເດັກແດງ ຢູ່ສຖານທີ່ສູງ ເຊັ່ນ ໂຕະໃຊ້ ຖ່າຍຜ້າອ້ອມ, ຕຽງ, ຕັ່ງໂຊ ຟາ, ເຕົ້າອີ້, ໂຕະແຕ່ງອາຫານ ຄົວກິນນັ້ນ, ທ່ານຕ້ອງຈຳເປັນ ຢ່າປະລະ ຂ້າງເດັກແດງ, ດ້ວຍວ່າ ເດັກ ອາດກິ້ງ ຕົກໂຕ້ ເຖິງເຈັບ ສາຫັດ.

Luôn luôn ở quanh con bạn khi bé trai hay gái ở chỗ cao như bàn thay tã, giường, sô pha, ghế hay quầy bếp. Các trẻ có thể lăn khỏi và bị đau.



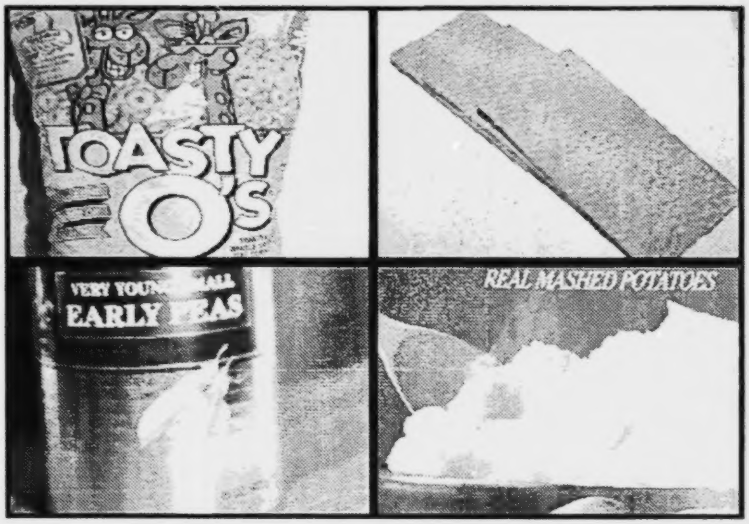
When your baby has teeth, can chew food and is learning to eat, you must be careful. Never give him or her hard foods like raw vegetables, peanuts, popcorn or hard candy. The baby can choke on these foods. Babies can also choke on grapes, hot dogs or a piece of meat.

Thaum koj tus me nyuam muaj hniav lawm, nws xo tau mov thiab tab tom kawm noj mov, koj yuav tsum xyuas xim. Tsis txhob muab tej zaub mov tawv rau nws zoo li zaub nyoos, txiv laum huab xeeb, paj kws, los sis khob noom tawv. Tus me nyuam daig caj pa tau. Cov me nyuam kuj daig caj pa tau thaum noj txiv hmab, hnyuv, los sis ib qho nqaij.

ເມື່ອລູກນ້ອຍ ມີແຂ້ວແລ້ວ ກໍໃຫ້ຮຽນຫຍ້ຳ ອາຫານ ແລະ ຮຽນຮູ້ກິນເອງ. ຕອນນີ້, ທ່ານຕອງຣະວັງແທ້ໆ. ຢ່າຟ້າວໃຫ້ເດັກ ກິນ ອາຫານຕ່ອນແຂງຫຍາບເທື່ອ, ເຊັ່ນ ຜັກດິບ, ຫມາກຖົ່ວດິນ, ແກ່ນສາລີຂົ້ວ "ໂປບກອນກ໌" ຫລື ຂນົມແຂງ, ມັນອາດ ຈະໄປຕັນຄໍ ເດັກແດງໄດ້. ຫມາກ ອະງຸ່ນ, ໄສ້ອົ່ວ ຫອດດອກ ຫລື ຕ່ອນຊີ້ນ ກໍອາດຕັນຮູຄໍ ເດັກແດງໄດ້.

Khi đứa trẻ có răng, có thể nhai thức ăn và học ăn, bạn phải cẩn thận. Không bao giờ cho bé trai hay bé gái thức ăn cứng như rau sống, đậu phọng (lạc), bắp rang, hay kẹo cứng. Trẻ em có thể bị nghẹt thở vì các thức ăn này. Các trẻ em cũng có thể bị nghẹt thở vì nho, xúc xích hay một miếng thịt.

Safety First!



You can give the baby safe foods like Cheerios, toast, graham crackers, peas, ground meat, soft cheese, soft cooked vegetables and mashed potatoes.

Koj muab tau tej yam zoo tsis muaj kev xwm txheej zoo li cereal, khob cij txhiab, khas kaws, taum mog, tshij mos mos, zaub uas hau mos mos thiab qos yav ywm mos.

ທ່ານອາດເອົາ ອາຫານ ອ່ອນ ປອດໄພ ໃຫ້ ເດັກແດງ ກິນ ເຊັ່ນ ຂນົມເມັດ "ຈີຣີໂອ", ເຂົ້າຈີ່ປີ້ງ, "ກຣັກເກີ", ຫມາກຖົ່ວຫວານ, ຊີ້ນບົດ, ເນີຍນົມແຂງ "ໂຟຼມາຊ໌" ຫລື "ຈຊີຊ໌", ຜັກອ່ອນຕົ້ມສຸກແລ້ວ ແລະ ບ່ຽນມັນຝຣັ່ງ.

Bạn có thể cho trẻ em các thức ăn an toàn như Cheerios, bánh mì nướng, bánh bít quy sốp, đậu hà lan, thịt xay, phó mát mềm, rau nấu mềm, và khoai nghiền nhừ.

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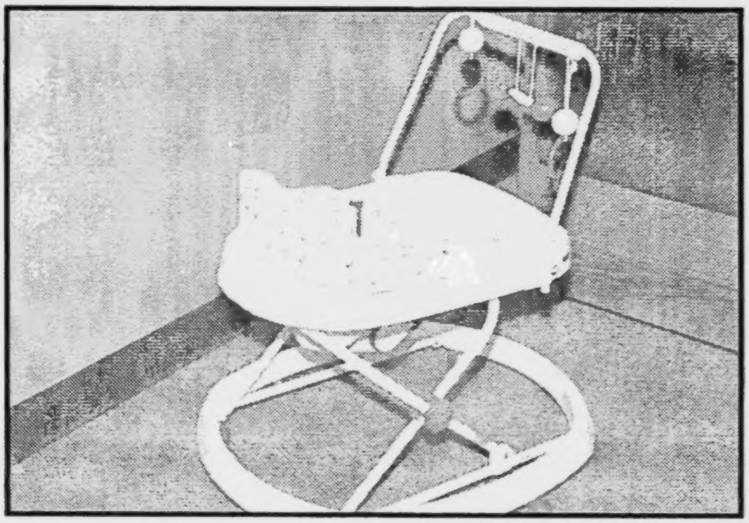
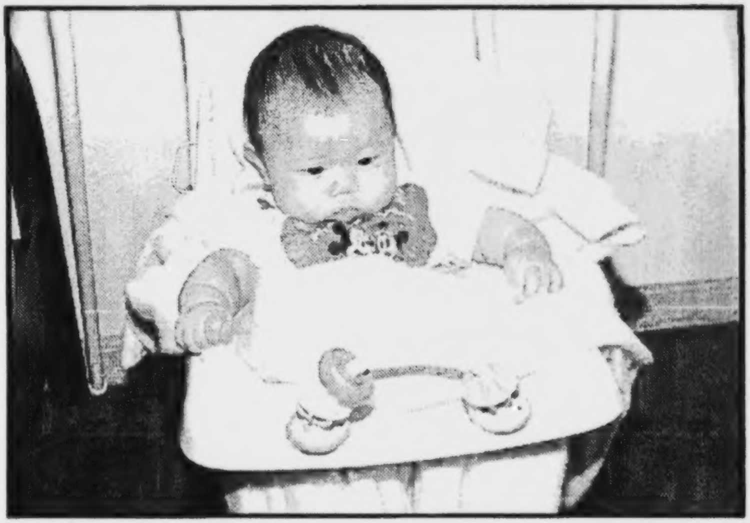


Baby walkers can be very dangerous. Never leave your child alone in a walker.

Cov laub me nyuam muaj kev xwm txheej heev. Tsis txhob cia nws nyob nws ib leeg thaum nyob hauv lub laub.

ລໍ້ຮຽນແອບຍ່າງ ກໍເປັນອັນຕະຮາຍ, ຢ່າໄດ້ ປະລະເດັກນ້ອຍ ຢູ່ໃນລໍ້ຮຽນແອບຍ່າງ ຢູ່ຄົນດຽວ.

Khung tập đi cho trẻ con có thể rất nguy hiểm. Không bao giờ để trẻ con một mình ở trong khung tập đi.



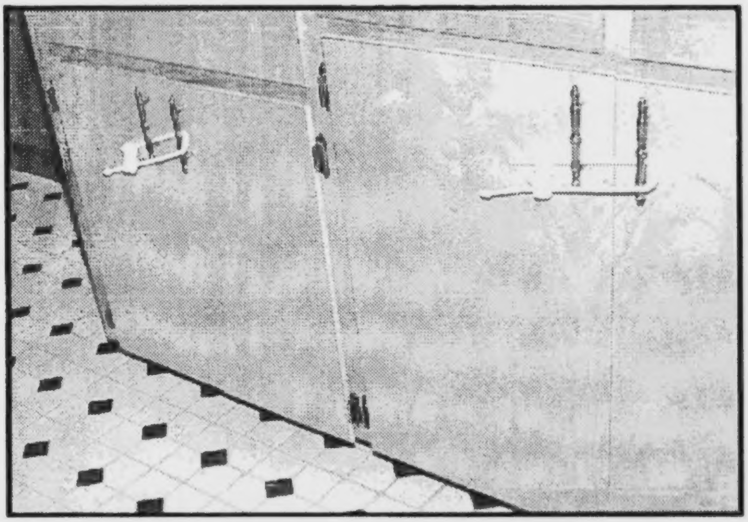
Always find a safe place for children to play when you are cooking. Hot liquids, grease and hot foods can seriously burn children.

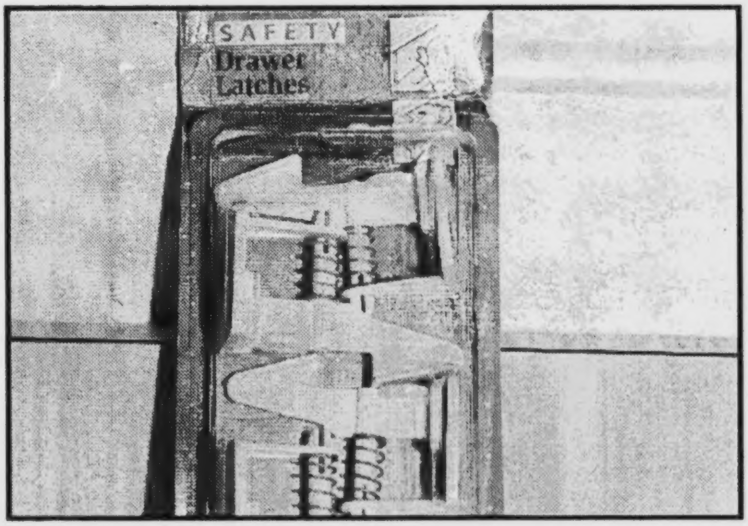
Nrhiav ib qho chaw uas tsis muaj kev xwm txheej rau koj cov me nyuam ua si thaum koj tab tom ua zaub mov noj. Dej, roj, thiab zaub mov kub ua tau rau cov me nyuam kub hnyiab sab heev.

ເປັນປະຈຳ, ຕ້ອງຊອກຫາບ່ອນ ປອດພັຍ ໃຫ້ເດັກນ້ອຍຫລິ້ນ, ເມື່ອທ່ານ ແຕ່ງອາຫານ ນ້ຳຮ້ອນ, ນ້ຳມັນ ແລະ ອາຫານຮ້ອນ ໃຫ້ຣະວັງ ສິ່ງເຫຼົ່ານີ້ ອາດໄຫມ້ ຫລື ລວກເດັກນ້ອຍ.

Luôn luôn tìm một chỗ an toàn cho các em chơi khi bạn nấu nướng. Những chất lỏng nóng, mỡ và thức ăn nóng có thể làm các con của bạn bị bỏng trầm trọng.

Danger Danger





Always put safety catches on all drawers and cupboards that contain dangerous or poisonous things, so small children can't open them.

Txhua zaus tso tus nqe lauj rau txhua lub qhov rooj thiab kem tub uas muaj tej yam uas muaj xwm txheej los sis tshuaj lom nyob rau hauv, xwv kom me nyuam me qhib tsis tau.

ເປັນປະຈຳ, ຕ້ອງໃສ່ບ້ວງປອດພັຍ ເປັນປະຈຳ ເພື່ອອັດຕັນ ລິ້ນຊັກ "ລ່ອກ" ໄວ້. ປະຕູ ຕູ້ທີ່ເປັນບ່ອນ ເກັບມ້ຽນຂອງເປັນພິດເປັນພັຍເບື່ອ ຕ້ອງອັດໄວ້ໃຫ້ດີ ເພື່ອບໍ່ໃຫ້ເດັກນ້ອຍ ໄຂໄດ້.

Luôn luôn để nút chặn an toàn ở tất cả những ngăn kéo và tủ ly chứa đựng những đồ nguy hiểm và có độc, để trẻ em không thể mở được.

If there are many dangerous things in the room keep the baby outside.

Yog tias muaj tej yam uas muaj kev xwm txheej hauv ib cha twg txhob cia me nyuam mus hauv.

ຖ້າຫາກມີ ຂອງອັນຕະຣາຍ ຢູ່ໃນຫ້ອງນັ້ນ ຕ້ອງໃຫ້ ເດັກນ້ອຍ ຢູ່ນອກຫ້ອງນີ້.

Nếu có nhiều đồ vật nguy hiểm ở trong phòng hãy giữ trẻ em ở ngoài.

Always keep your children away from stairs and windows, they can fall and get hurt.

Ceev kom koj cov me nyuam tsis txhob mus ze tus ntaiv los sis lub qhov rais, lawv poob tau thiab yuav raug mob.

ເປັນປະຈຳ, ຕ້ອງເອົາ ລູກນ້ອຍ ຂອງທ່ານ ຢູ່ໄກ ຂັ້ນໄດ, ປ່ອງຢ້ຽມ, ເພາະຢ້ານເຂົາ ຕົກ ຫລື ຖືກເຈັບເປັນ ອັນຕະຣາຍ.

Luôn luôn giữ trẻ em tránh xa những bậc thang và cửa sổ, chúng có thể bị ngã và bị đau.

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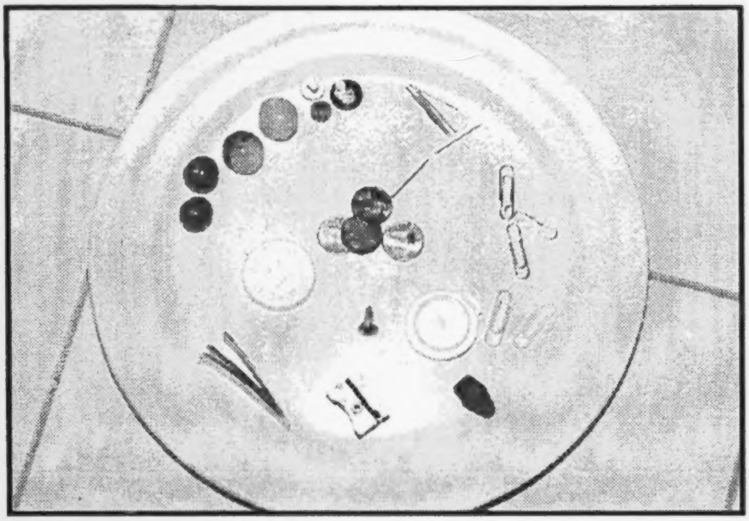


Always keep small things out of your baby's reach. Babies can choke on small things.

Ceev kom tej yam me me nyob tej qhov chaw siab siab xwv cov me nyuam ncav tsis cuag. Tej yam me me no yuav daig tau hauv lawv caj pa.

ເປັນປະຈຳ, ຕ້ອງເກັບ ຂອງນ້ອຍໄວ້ ໄກຈາກມື ເດັກແດງເດັກນ້ອຍ. ເດັກແດງ ອາດ ເກັບ ຂອງນ້ອຍແປກປະລາດ ເຂົ້າປາກ ອິມໄປຄາຕັນຮູຄໍເຂົາ.

Luôn luôn để những đồ vật nhỏ xa tầm tay của các em. Các em có thể bị nghẹt thở vì các vật dụng này.

Always keep plastic bags, safety pins and buttons out of children's reach. Children can choke on these things.

Ceev kom cov me nyuam ncav tsis cuag tej hnab yas, koob khawm tsho, thiab cov khawm. Tej no daig tau hauv caj pa thiab.

ເປັນປະຈຳ, ຕ້ອງເກັບມ້ຽນ ຖົງປລາສິກ, ເຂັມຂັດບ້ວງ ແລະ ຫມາກກະດູມ ໃຫ້ຢູ່ໄກມື ເດັກຊ ແດງເດັກນ້ອຍ ດ້ວຍວ່າ ເຂົາ ອາດເກັບ ສິ່ງເຫຼົ່ານີ້ ເຂົ້າປາກເຂົາ ແລ້ວມັນຈະຄາຕັນຮູຄໍ.

Luôn luôn giữ các bao lát tích (plastic), đinh ghim và nút áo xa tầm tay của các em. Trẻ em cũng có thể bị nghẹt thở vì các vật dụng này.

Always keep matches, cigarette lighters and ashtrays out of your children's reach. They can start a fire or burn your children.

Ceev kom cov me nyuam ncav tsis cuag tej kas khiv, tej ntais luam yeeb, thiab tej rau tw luam yeeb. Vim lawv rauv tau hluav taws los sis ua rau koj tus me nyuam kub hnyiab.

ເປັນປະຈຳ, ຕ້ອງເກັບມ້ຽນ ໄມ້ຂີດໄຟ, ກັບໄຟຈູດ ບູຣີ ແລະ ຈານຮັບຂີ້ບູຣີ ໃຫ້ໄກຈາກ ມືເດັກນ້ອຍ ເພາະ ຢ້ານເຂົາ ຈູດໄຟ ແລ້ວໄຫມ້ ເຂົາເອງ.

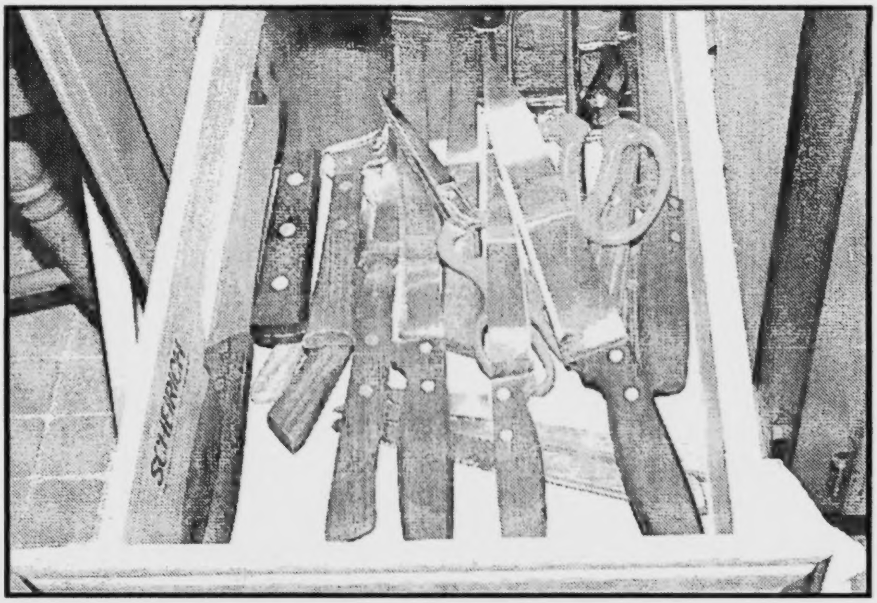
Luôn luôn giữ diêm quẹt, thuốc lá, máy quẹt và gạt tàn thuốc lá xa tầm tay các em. Các thứ này có thể bắt cháy và làm con bạn bị bỏng.

Many cleaning products are poison. Small children always put things in their mouth and these products can make them very sick. Keep cleaning products and medicine in high places where the babies and children can't see them or reach them.

Ntau yam tshuaj ntxuav khoom muaj tshuaj lom rau hauv. Cov me nyuam me me lob ub lob no tso hauv lawv lub qhov ncauj thiab tej tshuaj ntxuav no yuav ua rau lawv mob heev. Ceev kom tej tshuaj ntxuav thiab tshuaj yus noj nyob hauv tej qhov chaw siab xwv cov me nyuam tsis pom los sis ncav tsis cuag.

ສະບູ ແລະ ສາລເຄມີ ຝັດຂັດສີເຄື່ອງທັງຫຼາຍ ເປັນພິດ, ເດັກນ້ອຍ ມັກເກັບ ຂອງ ເຫຼົ່ານີ້ ເຂົ້າປາກເຂົາ ແລະ ເຄື່ອງ ສາລເຄມີ ເຫຼົ່ານີ້ ເຮັດໃຫ້ເຂົາ ເບື່ອຕາຍແທ້. ໃຫ້ເກັບມ້ຽນ ສາລເຄມີ ຝັດຂັດສີ ນີ້ ແລະ ຢຸກຢາ ເຊື່ອງໄວ້ທີ່ສູງ ບ່ອນເດັກນ້ອຍ ບໍ່ເຫັນ ແລະ ຢື້ມືບໍ່ເຖິງ.

Rất nhiều sản phẩm làm sạch sẽ là chất độc. Các em nhỏ luôn luôn để những vật này vào miệng và những sản phẩm này có thể làm các em đau ốm nặng. Giữ những sản phẩm làm sạch sẽ và thuốc uống ở chỗ cao mà các em không có thể nhìn thấy hay với lấy.



Always keep knives and sharp objects out of children's reach. They can cut or stab children.

Ceev kom cov me nyuam ncav tsis cuag tej rab riam thiab lwm yam uas ntse. Vim tej no hlais los sis nkaug cov me nyuam.

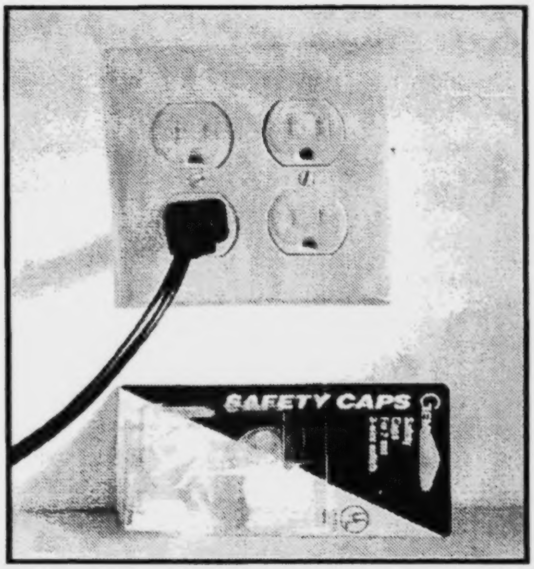
ເປັນປະຈຳ, ຕ້ອງເກັບມ້ຽນ ມີດພ້າ ແລະ ຂອງຄົມແຫຼມ ເຊື່ອງໄວ້ໄກມື ເດັກນ້ອຍ, ດ້ວຍວ່າ ພວກເຂົາ ອາດຖືກ ມີດບາດ ຫລື ແທງເດັກຄົນອື່ນ.

Luôn luôn giữ dao và các vật nhọn ở xa tầm tay của các em. Đồ vật này có thể cắt hay làm các em bị thương.

Always put plastic caps on electrical outlets. Electricity can hurt children if they touch the outlet or stick something in the outlet.

Txhua zaus npog tej qhov fai fab siv ib lub hau yas. Fai fab tom tau cov me nyuam yog tias lawv kov los sis ntxig ib yam dab tsi rau hauv.

ເປັນປະຈຳ, ຕ້ອງເອົາ ກະດອນ ອັດບັງບ່ອນ ຮູສຽບຕໍ່ໄຟຟ້າ. ໄຟຟ້າ ອາດ ດຽດຈັບ ເດັກນ້ອຍ ຖາກເຂົາຫາກ ເອົາມື ຈິຮູນີ້ ຫລື ເຂົາເອົາ ຂອງອື່ນ ແຍ່ຮູ ໄຟຟ້ານີ້.



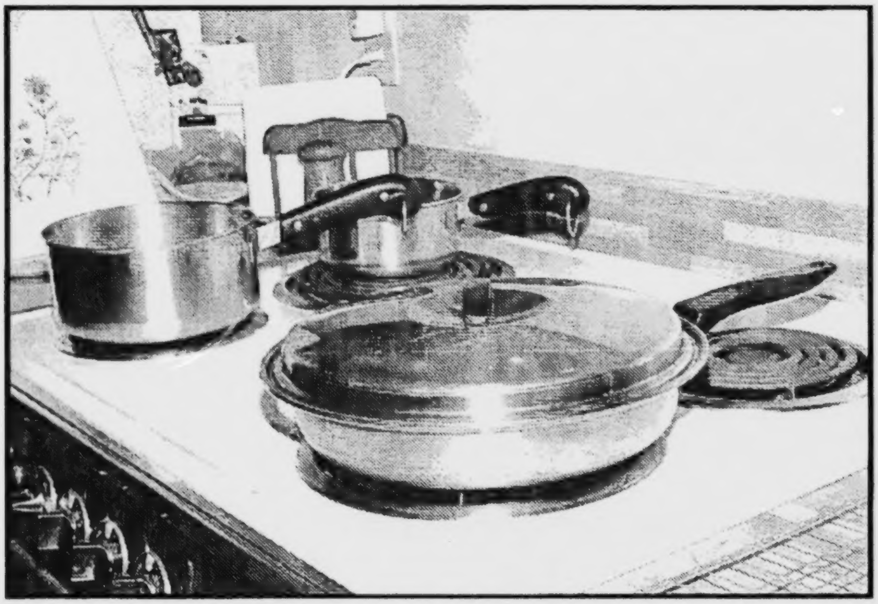
Luôn luôn để nắp che bằng lát tích (plastic) ở ổ cắm điện. Điện có thể làm các em bị đau nếu chúng sờ vào ổ điện hay chọc vật gì vào ổ điện.

Never put hot food or drinks close to your baby. They can spill and burn your baby.

Tsis txhob tso tej zaub mov los sis dej kub ze rau koj tus me nyuam. Tsam tej no ua nchuav ces tus me nyuam raug kub hnyiab.

ເປັນປະຈຳ, ເດັດຂາດ ຢ່າໄດ້ເອົາ ອາຫານ ຫລື ນ້ຳຮ້ອນ ຢູ່ໃກ້ ເດັກນ້ອຍ, ເພາະ ເຂົາ ອາດເຮັດ ຂ້ວມ ຫລື ລວກ ເດັກແດງຂອງທ່ານ.

Không bao giờ để thức ăn hay thức uống nóng gần đứa trẻ. Các thứ này có thể tràn ra và làm con bạn bị bỏng.



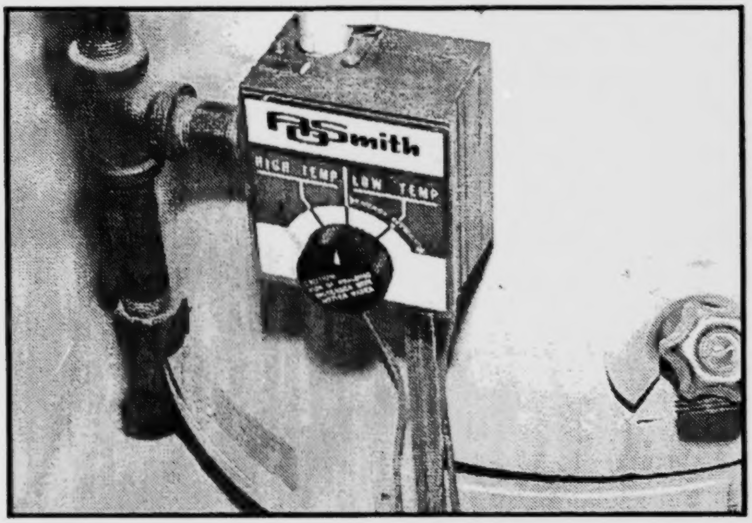
When you are cooking turn the pan handles in toward the wall, so children can't reach them. Children can pull pans off the stove and burn themselves.

Thaum koj ua mov noj muab lub lauj kaub tus ko tig mus ncaj rau phab ntsa, xwv kom cov me nyuam ncav tsis cuag. Vim nyob tsam lawv rub tau lub lauj kaub thiab ua rau lawv kub hnyiab.

ເມື່ອທ່ານຄົວກິນ ທີ່ເຕົາໄຟ ນັ້ນຕ້ອງເອົາ ຄັນຫມໍ້ຂາງ ໄວ້ເບື້ອງໃນ ຕິດຝາເຮືອນສເມີ ເພື່ອບໍ່ໃຫ້ ເດັກນ້ອຍຢື້ເຖິງ. ເດັກນ້ອຍ ອາດຢື້ຈອງ ຄັນຫມໍ້ຂາງ ແລ້ວ ຫມໍ້ຂາງປີ້ນຂ້ອມ ໄຫມ້ເຂົາ.

Khi bạn nấu nướng nên quay tay cầm xoong chảo vào phía tường, để trẻ em không có thể với lấy. Trẻ em có thể kéo xoong chảo khỏi bếp lò và chúng bị bỏng.

Water Safety

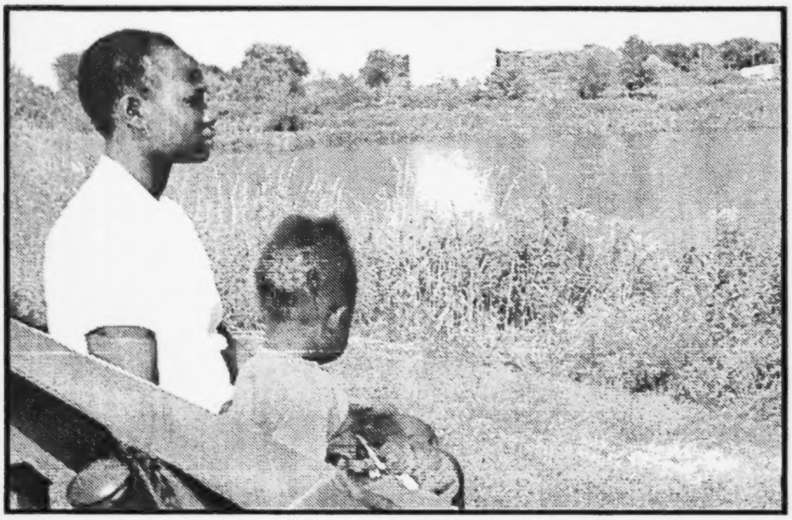


If the hot water in your sink or bathroom is too hot, ask your landlord to turn down the water heater temperature to 120°. This will prevent burns.

Yog tias cov dej hauv lub qhov dej los sis lub dab da dej kub dhau, thov koj tus tswv tsev los kho kom cov dej tsuas kub npaum 120 tev kis. Nov yuav tiv thaiv ntawm kev kub hnyiab.

ຖ້ານ້ຳຮ້ອນ ຢູ່ໃນອ່າງ ຫລື ໃນຫ້ອງອາບນ້ຳນັ້ນ ຮ້ອນເຫຼືອເກີນ, ທ່ານຕ້ອງສອບຖາມ ເຈົ້າຂອງບ້ານ ຫ້ອງແຖວໃຫ້ເຊົ່ານັ້ນ ເພື່ອຜ່ອນຄວາມຮ້ອນ ຂອງຖັງຕົ້ມນ້ຳນັ້ນ ໃຫ້ອ່ອນລົງ ຢູ່ໃນຣະດັບ ໑໒໐ ດີ ກຣີ ໄຟເຣີໄຮ ທັງນີ້ເພື່ອ ປ້ອງກັນ ນ້ຳຮ້ອນລວກ.

Nếu nước nóng trong bồn rửa bát hay bồn tắm qúa nóng, hãy hỏi chủ nhà vặn lò sưởi bằng nước xuống 120°. Điều này sẽ tránh bị bỏng.



Always watch your children very carefully when they are near the water in swimming pools, lakes, ponds, and ditches, even when the water is frozen in the winter. Never leave your child alone near the water. Ask your social worker, doctor, nurse or a teacher at your child's school about swimming lessons for your children.

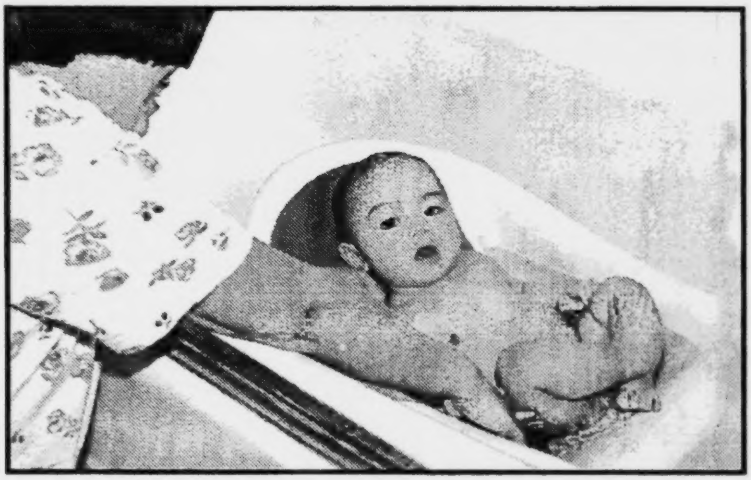
Ua tib zoo saib koj cov me nyuam thaum lawv ua si ze dej xws li lub pas ua luam dej, lub pas dej, kwv deg, ib tug dej, tab txawm cov dej twb khov nab kuab thaum lub caij no. Tsis txhob cia koj tus me nyuam nyob nws ib leeg ze cov dej. Nug koj tug sau sau, tus kws tshuaj, tus nais maum, los sis tus xib hwb qhia ntawv txog kev luag qhia kom koj tus me nyuam txawj ua luam dej.

ເປັນປະຈຳ, ໃຫ້ເບິ່ງລູກຂອງທ່ານ ຢ່າງໃກ້ສິດ ຣະວັງຕົວ ເມື່ອເຂົາຫລິ້ນຢູ່ໃກ້ ອ່າງລອຍ ນ້ຳ, ສະນ້ຳ, ຫນອງນ້ຳ, ຄັນຄູກັ້ນນ້ຳ, ແມ່ນວ່າ ເມື່ອນ້ຳນັ້ນແຂງເປັນກ້ອນ ໃນຍາມຫນາວ ກໍຕາມ. ເດັດຂາດ ຢ່າໄດ້ ປະລະ ລູກຂອງທ່ານ ໃກ້ນ້ຳ. ໃຫ້ສອບຖາມ ພະນັກງານ ປະຊາສົງ ເຄາະ, ທ່ານຫມໍແພດ, ນາງພະຍາບານ ຫລື ນາຍຄຣູ ບ່ອນລູກຂອງທ່ານຮຽນນັ້ນ ກ່ຽວກັບ ການຮຽນລອຍນ້ຳ ໃຫ້ລູກຂອງທ່ານ.

Luôn luôn theo dõi con của bạn rất cẩn thận khi chúng ở gần nước trong bể bơi, hồ, ao, mương, ngay cả khi nước bị đông lạnh trong mùa đông. Không bao giờ để con bạn một mình gần nước. Hãy hỏi cán sự xã hội, bác sĩ, y tá, hay giáo viên của trường con bạn học về những bài học bơi cho con của bạn.

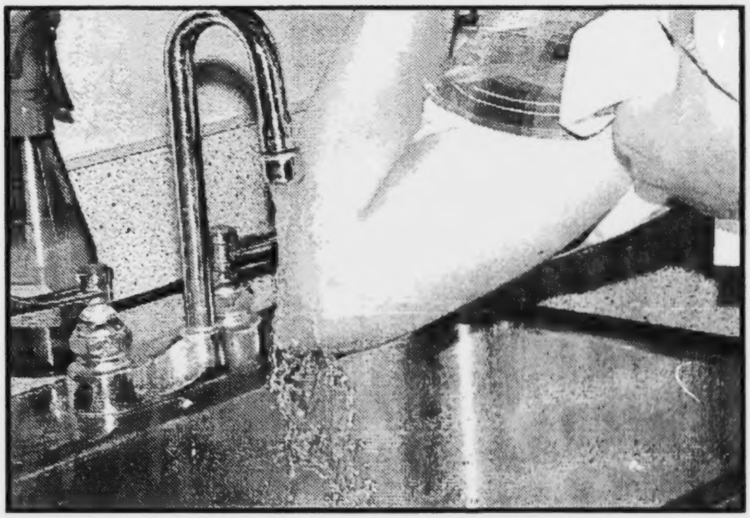
Never leave small children alone in the bathroom. Children can drown in the bathtub or toilet.

Tsis txhob cia cov me nyuam nyob lawv ib leeg hauv chav dej. Vim cov me nyuam poob deg tuag tau hauv lub dab da dej los sis hauv lub qhov viv.



ເດັດຂາດ, ຢ່າໄດ້ ປະລະ ເດັກນ້ອຍ ຢູ່ຄົນດຽວ ໃນຫ້ອງອາບນ້ຳ. ເດັກນ້ອຍ ອາດຕົກນ້ຳ ຕາຍຄາ ອ່າງອາບນ້ຳ ຫລື ອ່າງອາຈົມ.

Không bao giờ để trẻ nhỏ ở trong buồng tắm một mình. Trẻ con có thể bị chết đuối trong bồn tắm hay nhà vệ sinh.



Hot bath water can burn children. Always check the water temperature with your elbow before you put the baby in the water.

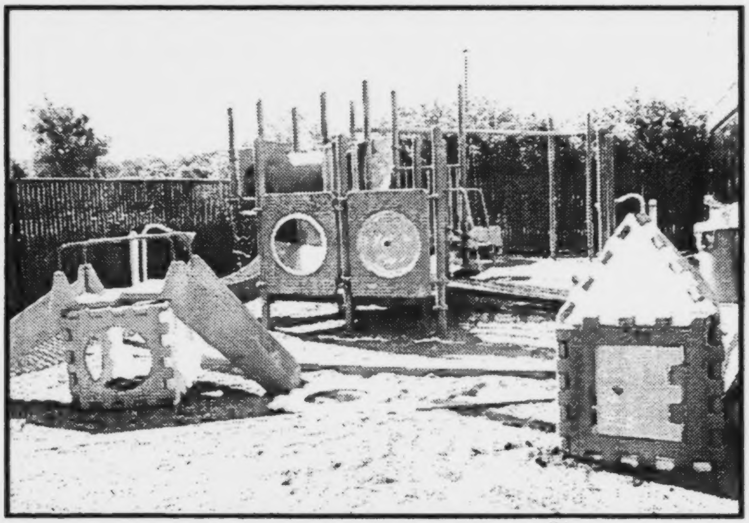
Dej kub thaum da dej hlab me nyuam tau thiab. Xyuas cov dej siv koj lub luj tshib ua ntej koj tso tus me nyuam hauv cov dej.

ເດັກນ້ອຍ ອາບນ້ຳຮ້ອນໂພດ ກໍອາດລວກເດັກໄດ້. ເປັນປະຈຳ, ທ່ານຕ້ອງ ເອົາມືທ່ານ ກວດ ຄວາມຮ້ອນ ຂອງນ້ຳນັ້ນກ່ອນ ຈຶ່ງເອົາເດັກນ້ອຍ ລົງອາບນ້ຳນັ້ນ.

Tắm nước nóng có thể làm con bạn bị bỏng. Luôn luôn kiểm soát nhiệt độ nước bằng khuỷu tay trước khi để con bạn vào nước.

Always find safe places for your children to play. Always watch your children when they are playing outside.

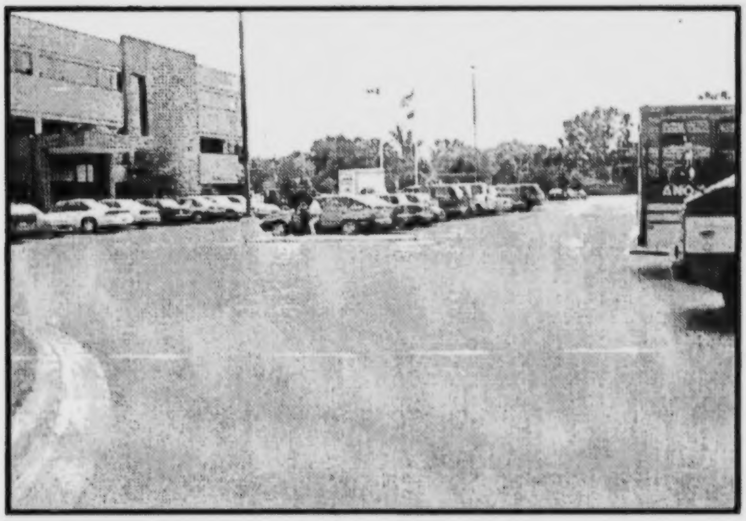
Nrhiav tej qhov chaw uas tsis muaj kev xwm txheej rau koj cov me nyuam tau ua si. Saib koj cov me nyuam txhua zaus lawv ua si nraum zoov.



ເປັນປະຈຳ, ຕ້ອງຊອກຫາ ເອົາບ່ອນ ປອດພັຍ ໃຫ້ເດັກນ້ອຍຫລິ້ນ. ເປັນປະຈຳ, ຕ້ອງເຝົ້າແຍງ ເບິ່ງເດັກນ້ອຍ ຫລິ້ນ ຢູ່ໃນເດີ່ນຫລິ້ນກາງແຈ້ງ ຂ້າງນອກ ຂອງເດັກນ້ອຍ.

Luôn luôn tìm những chỗ an toàn cho trẻ con chơi. Luôn luôn theo dõi con của bạn khi chúng chơi ở ngoài.

Watch Them



Never let your children play in the street or parking lot.

Tsis txhob cia koj tus me nyuam ua si hauv tej kev los sis tej thaj chaw nres tsheb.

ເປັນປະຈຳ, ຢ່າໄດ້ປະປ່ອຍ ໃຫ້ລູກຂອງທ່ານ
ຫລີ້ນໃນຖນົນຫົນທາງ ຫລື ບ່ອນຈອດຣົຖ ໂອໂຕ.

Không bao giờ để con bạn chơi ở ngoài đường hay bãi đậu xe.

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Always have your child wear safety equipment for sports, like a bike helmet when he/she rides a bike. Make sure the helmet fits and is safe. Children can fall from a bike and the helmet will protect them from serious injury.

Txhua zaus koj tus me nyuam ua si kom nws hnav tej yam uas yuav thaiv nws ntawm kev raug mob, xws li thaum caij lub nees zab kom nws ntoo lub kaus mom tawv. Kom lub kaus mom haum nws lub taub hau xwv kom pov hwm tau ntawm kev xwm txheej. Qee zaum me nyuam poob ntawm ib lub nees zab thiab lub kaus mom tawv yuav thaiv lawv ntawm kev raug mob sab heev.

ເປັນປະຈຳ, ທ່ານຕ້ອງໃຫ້ລູກຂອງທ່ານ ນຸ່ງເຄື່ອງ ປ້ອງກັນຕົວ ເມື່ອຫລິ້ນ ກິລາ, ເຊັ່ນ ວ່າ ຫມວກກັນກະທົບ ໃຫ້ພໍດີກັບຫົວຂອງເຂົາ ແລະ ປອດພັຍ. ເດັກນ້ອຍ ອາດຕົກ ອອກຈາກ ຣົຖຖີບ ແລ້ວ ຫມວກກັນກະທົບ ກໍອາດຊ່ອຍ ປ້ອງກັນ ອັນຕະຣາຍ ເຈັບຫນັກ.

Luôn luôn cho con bạn mang dụng cụ an toàn khi chơi thể thao, như là đội mũ nhựa khi bé trai hay bé gái đi xe đạp. Phải biết chắc rằng mũ nhựa vừa và an toàn. Trẻ con có thể ngã xuống từ xe đạp và mũ nhựa sẽ bảo vệ chúng khỏi bị thương nặng.

When you can't watch your children yourself, leave them with a good reliable baby-sitter or daycare provider. Make sure your baby-sitter follows safety rules.

Thaum koj saib tsis tau koj cov me nyuam koj ib leeg, cia ib tug neeg uas koj ntseeg tau los sis ib tug uas txawj zov me nyuam saib xyuas lawv. Kom tus neeg uas saib xyuas me nyuam coj tej kev cai zoo kom tsis muaj kev xwm txheej.

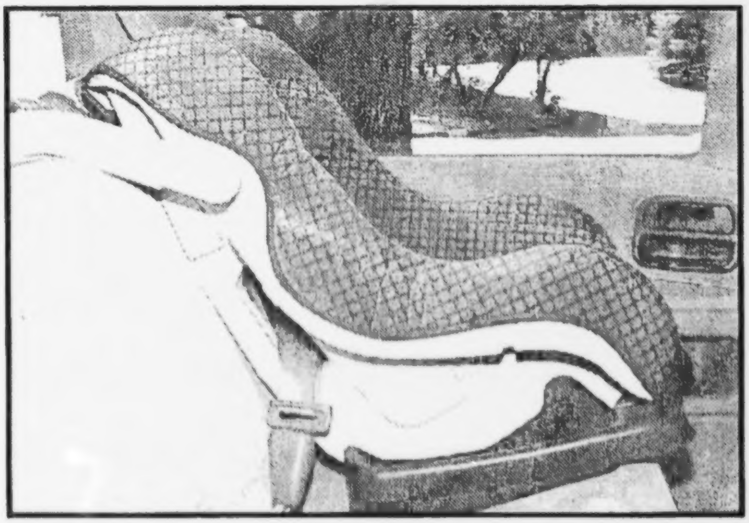
ເມື່ອທ່ານ ບໍ່ສາມາດ ເຝົ້າແຍງ ລູກຂອງທ່ານ ໂດຍຕົນເອງ, ທ່ານກໍຄວນຝາກ ລູກຂອງ ທ່ານ ໄວ້ກັບບ່ອນ ຄົນເຝົ້າເດັກນ້ອຍ ທີ່ໄວ້ວາງໃຈໄດ້. ໃຫ້ທ່ານ ເນັ້ນຫນັກ ວ່າ ຄົນເຝົ້າເດັກ ນັ້ນ ປະຕິບັດຕາມ ຣະບຽບ ຄວາມປອດພັຍ.

Khi bạn không thể theo dõi con bạn được, hãy để chúng cho một người trông trẻ em có thể tin cậy được hay ở nơi cung cấp giữ trẻ ban ngày. Phải biết chắc rằng người giữ trẻ theo luật an toàn.

Always use a safe infant seat when you drive with your baby in the car.

Thaum koj tsav tsheb nrog koj tus mos liab koj yuav tsum tso nws hauv lub tog zaum rau mos liab.

ເປັນປະຈຳ, ຕ້ອງໃຊ້ ຕັ່ງນັ່ງໃນຣົຖ ຂອງເດັກນ້ອຍ ອັນປອດພັຍ ເມື່ອ ທ່ານຂັບຣົຖໂອໂຕ ເອົາລູກ ຂີ່ຣົຖໄປນຳນັ້ນ.



Luôn luôn dùng một ghế an toàn cho con của bạn khi lái xe có con bạn ở trên xe.

We hope this book will help you give your child a safe and happy life.

Peb cia siab tias phau ntawv no yuav pab koj muab ib lub neej zoo siab thiab tsis muaj kev xwm txheej rau koj tus me nyuam.

ພວກເຮົາ ຄິດວ່າ ຫນັງສື ສະບັບນີ້ ຈະຊ່ອຍແນະນຳໃຫ້ທ່ານ ຮັກສາ ຄວາມປອດພັຍ ໃຫ້ລູກຂອງທ່ານ ມີຄວາມປອດພັຍ ແລະ ສຸກສະບາຍດີ.

Chúng tôi hy vọng quyển sách này sẽ giúp bạn để con bạn có đời sống an toàn và hạnh phúc.

Developed In Partnership
With
Allina Health System
and
Multi-Cultural Educational Services

Funded By
Minnesota Department of Children,
Families and Learning

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www.mcedservices.com

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SAFETY
FOR BABIES AND CHILDREN

БЕЗОПАСНОСТь
ДЛЯ МЛАДЕНЦЕВ И ДЕТЕЙ

MEDIDAS DE SEGURIDAD
PARA BEBES Y NIÑOS

(Russian & Spanish)

Developed in Partnership by:

Multi-Cultural Educational Services

Allina Health System

and

Anoka County Community Health

and Environmental Services

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SAFETY
FOR BABIES AND CHILDREN

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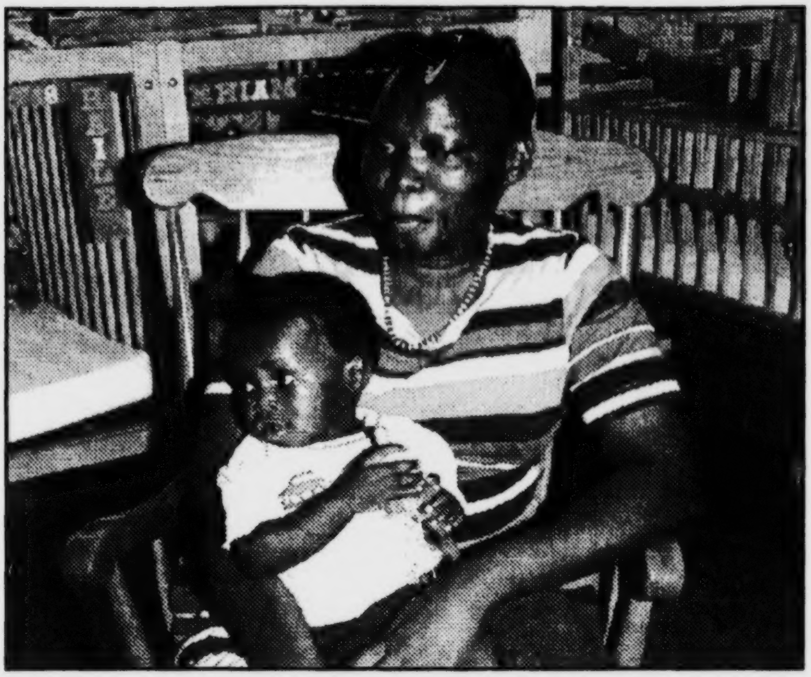
1997 edition

This is a book to tell you about safety for babies and children. It will give you some rules for safety indoors and outdoors. If you have any questions or do not understand something talk to your nurse, your doctor or your social worker.

Цель этой брошюры — проинформировать вас о необходимости обеспечения безопасности для младенцев и детей и сообщить вам некоторые правила, обеспечивающие их безопасность в доме и вне дома. Если у вас есть вопросы или вам что-то непонятно, то обратитесь за советом к своему врачу, медсестре или к работнику социального обеспечения.

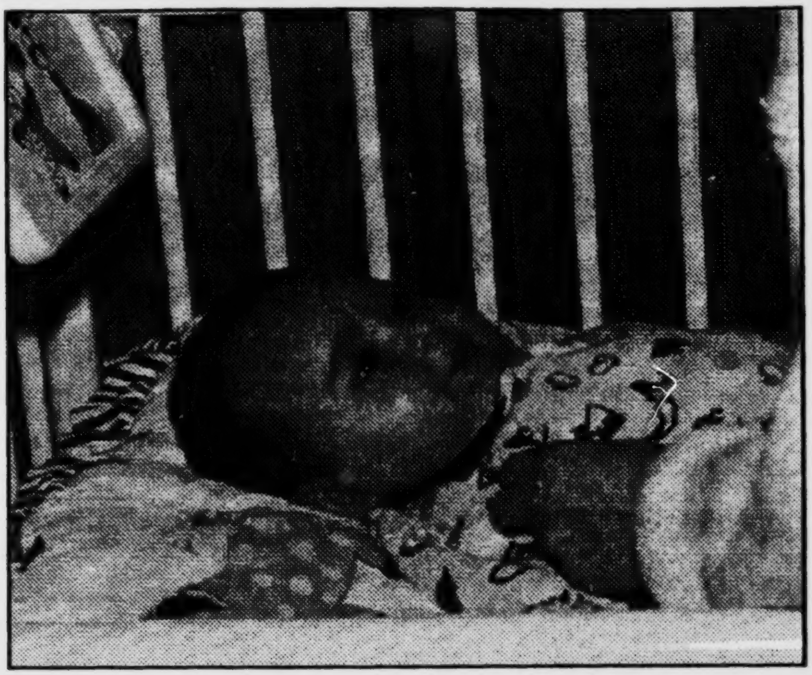
Este libro esta destinado a informarle a usted acerca de algunas medidas de seguridad para bebes y niños. Aquí también se le darán algunas reglas para la seguridad dentro y afuera de la casa. Si usted tiene alguna pregunta o no entiende algo, hable con su enfermera, doctor o trabajadora social.



Always hold your baby when the baby is drinking from a bottle, so the baby doesn't spit up and choke.

Когда младенец пьет из детской бутылочки, всегда держите его, чтобы он не выплевывал питье и не захлебнулся им.

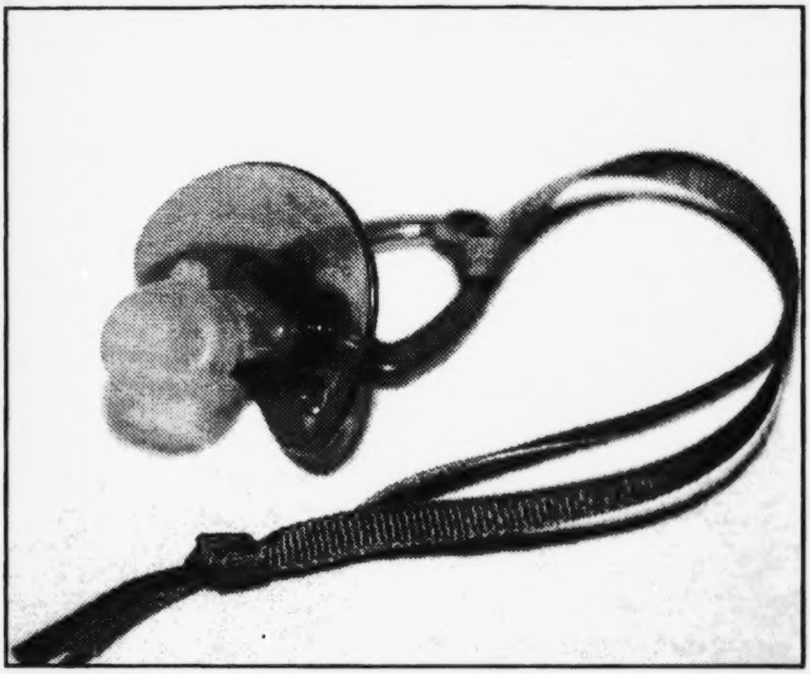
Siempre sostenga a su bebé cuando este tomando el biberón, esto evitará que el bebe no escupa y se ahogue.



Never put the baby in bed with a bottle.

Никогда не кладитете младенца в постель с бутылкой.

Nunca ponga al bebé en la cama con el biberón.



Never tie a pacifier around your baby's neck.

Никогда не вешайте соску-пустышку на шею младенца.

Nunca cuelgue el chupete o chupo alrededor del cuello del bebé.

Always stay with your baby when he/she is on a high place like a changing table, bed, sofa, chair or kitchen counter. Babies can roll off and hurt themselves.

Никогда не оставляйте младенца без надзора на высоком месте — на столе, где вы его переодеваете, на кровати, на диване, на стуле или кухонном столе. Младенцы могут перекатиться через край и ушибиться.

Siempre este con su bebé cuando él o ella estén en un lugar alto como una mesa para cambiar pañales, cama, sofá, silla o mueble de cocina. Los bebés se podrían caer y hacerse daño ellos mismos.

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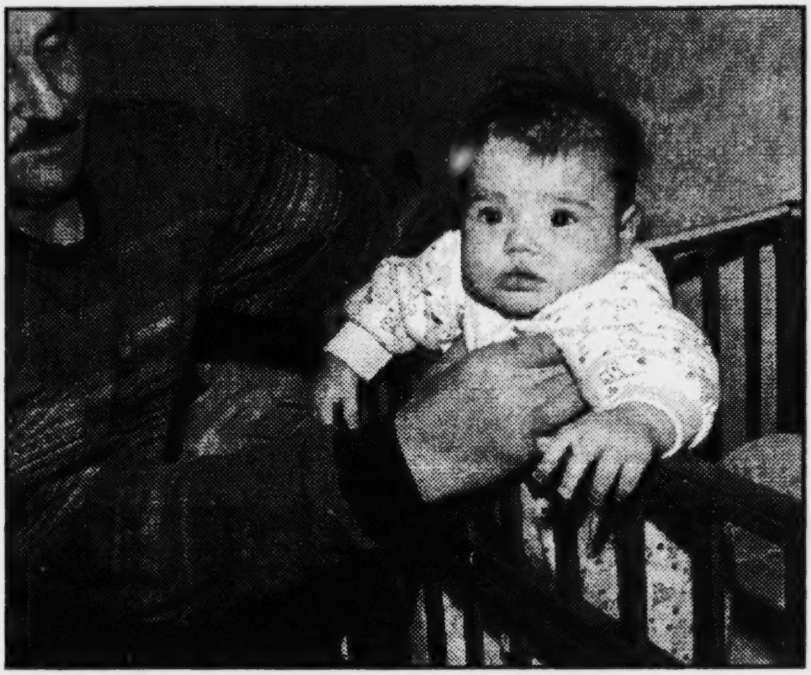
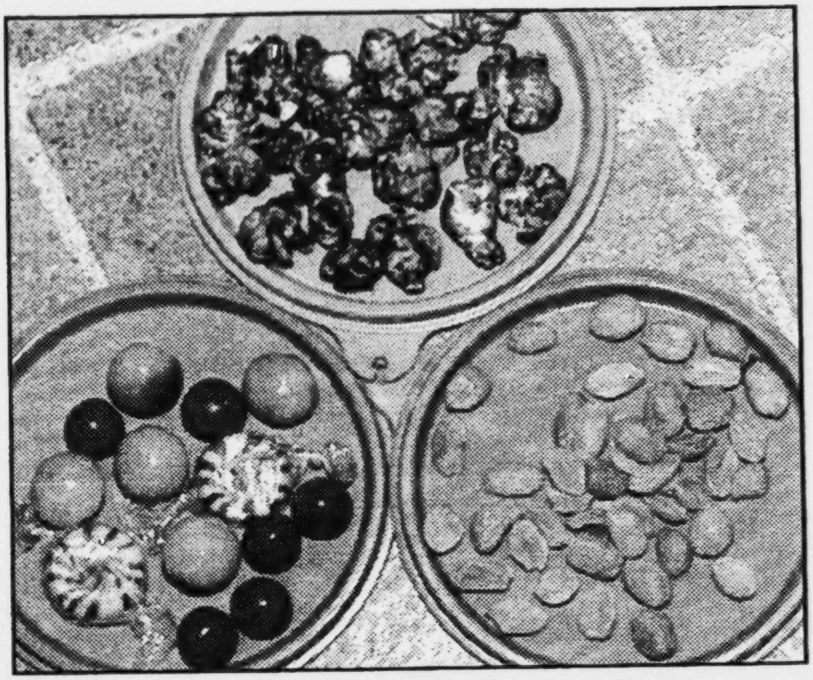


Always put the sides of your baby's crib up.

Всегда держите бортики детской кроватки или колыбельки поднятыми вверх.

Siempre suba las barandas de la cuna del bebé.



When your baby has teeth, can chew food and is learning to eat, you must be careful. Never give him or her hard foods like raw vegetables, peanuts, popcorn or hard candy. The baby can choke on these foods. Babies can also choke on grapes, hot dogs or a piece of meat. You can give the baby safe foods like Cheerios, toast, graham crackers, peas, ground meat, soft cheese, soft cooked vegetables and mashed potatoes.

Когда у вашего младенца прорежутся зубы и он сможет жевать и начнет учиться есть, вы должны быть очень осторожны и внимательны. Никогда не давайте ему или ей твердую пищу, например, сырые овощи, арахис, воздушную кукурузу или конфеты-леденцы. Младенец может ими подавиться. Младенцы также могут подавиться виноградом, сосиской или мясом.

Вы можете кормить младенца более безопасной едой, например, давать ему геркулес "Cheerios", гренки, крекеры "Graham", зеленый горошек, молотое мясо, мягкий сы мягкие вареные овощи или картофельное пюре.

Cuando su bebé tenga dientes, pueda masticar comida y o esté aprendiendo a comer, usted debe tener mucho cuidado. Nunca le de comidas o cosas duras como por ejemplo: Vegetales crudos, maní o cacahuetes, palomitas o dulces duros. El bebé puede ahogarse con estas comidas. Los bebés también podrían ahogarse con uvas, perros calientes o pedazos de carne. Usted puede darle al bebé comidas más seguras como: Cheerios, tostadas, galletas graham, guisantes o arvejas, carne molida, queso suave, vegetales cocinados que estén blandos o puré de papas.

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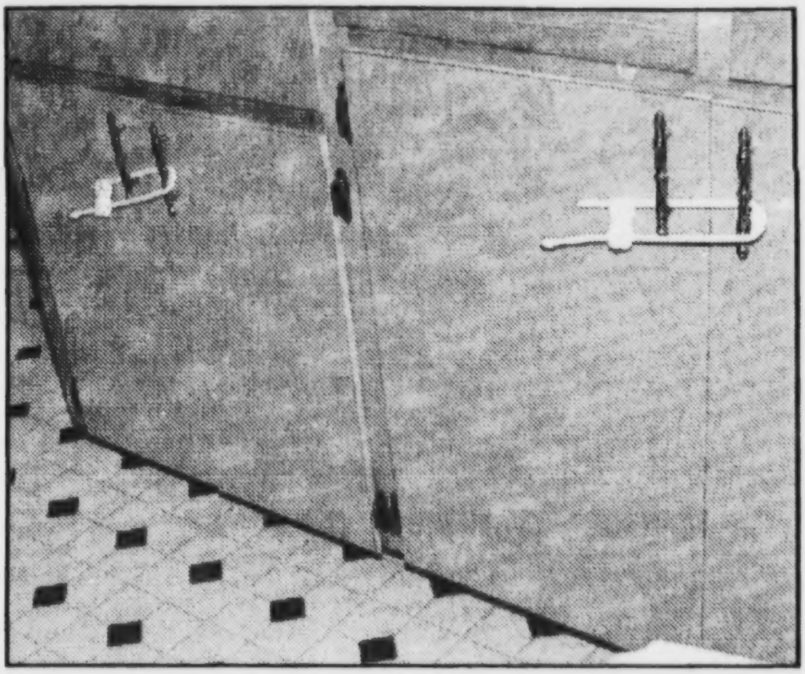
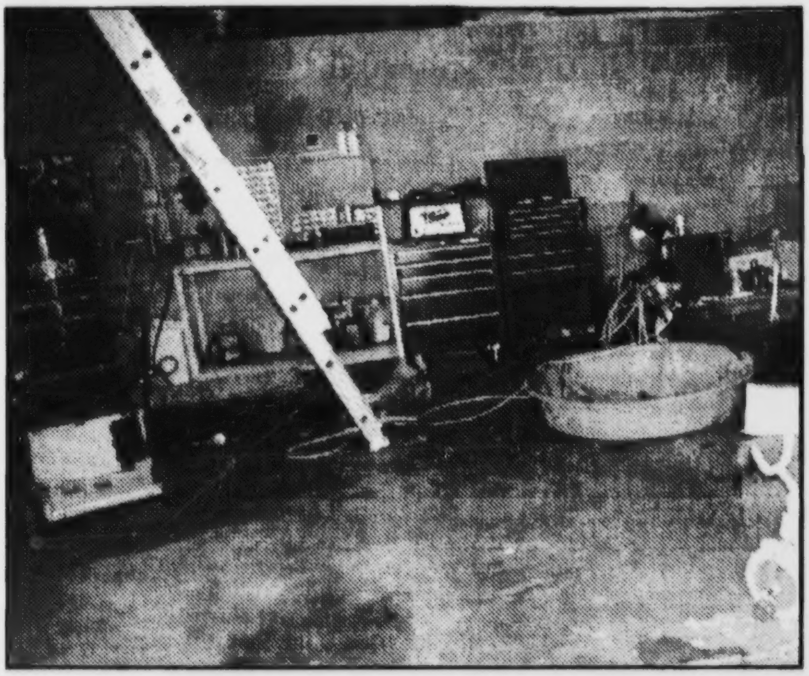


Always put safety catches on all drawers and cupboards that contain dangerous or poisonous things, so small children can't open them.

Всегда держите надежно закрытыми (на защелки) все ящики комодов и буфетов, где вы храните опасные для детей предметы или ядовитые вещества, так, чтобы дети не могли их открыть.

Siempre coloque cerraduras a prueba de niños en todos los gabinetes, cajones y armarios que contengan cosas peligrosas o venenosas, esto evitará que los niños pequeños puedan abrirlos.



If there are many dangerous things in the room, keep the baby outside.

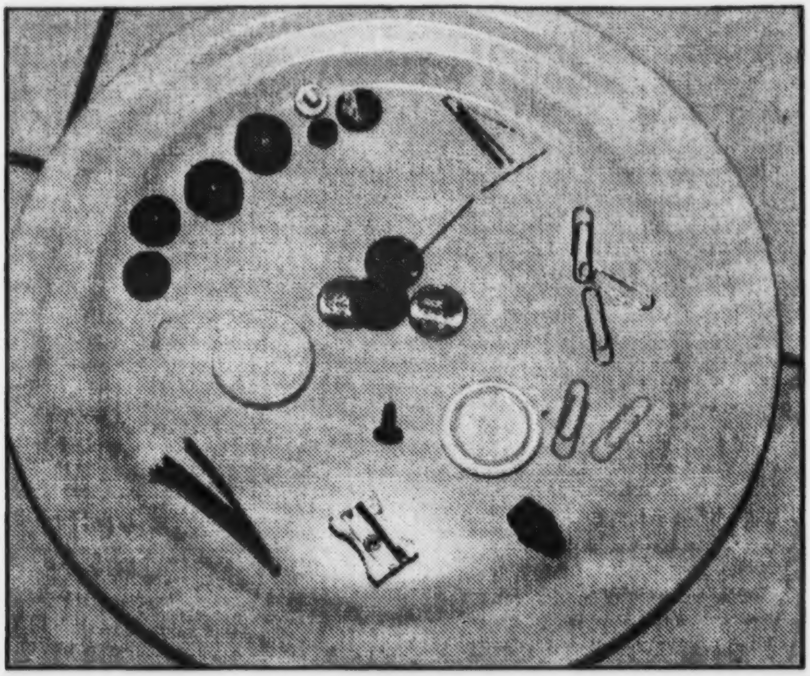
Не пускайте детей в комнату, в которой находится много опасных для детей предметов.

Si hay muchas cosas peligrosas para el bebé en la habitación, mantenga al bebé afuera de la habitación.

Always keep your children away from stairs and windows. They can fall and get hurt.

Всегда держите детей подальше от окон и лестничных клеток. Они могут упасть и разбиться.

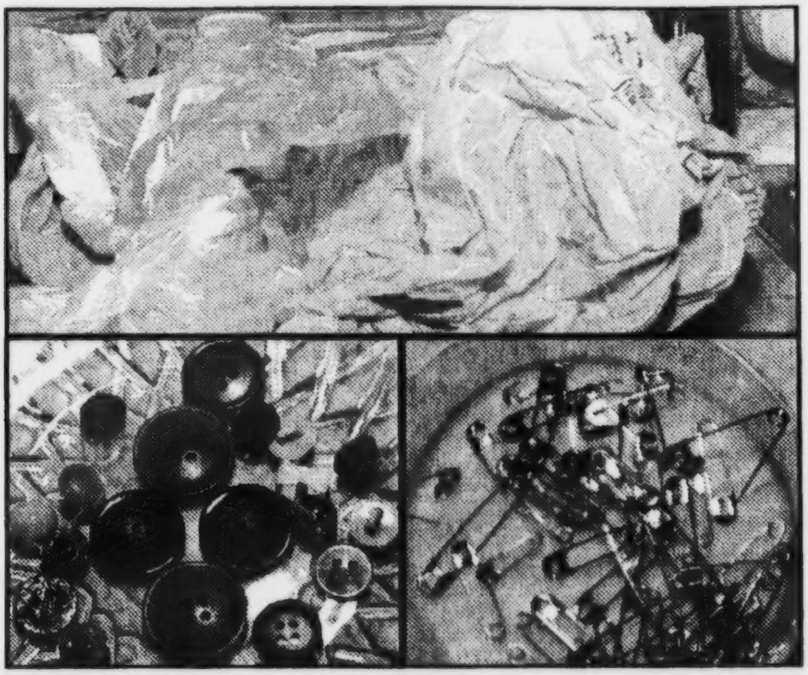
Siempre mantenga los niños lejos de las escaleras y ventanas, esto evitará que los niños se caigan y se puedan herir.



Always keep small things out of your baby's reach. Babies can choke on small things.

Всегда держите мелкие предметы вне досягаемости для младенцев. Младенец может подавиться мелким предметом.

Siempre mantenga cosas pequeñas en lugares donde el bebé no las pueda alcanzar. Los bebés podrían ahogarse con cosas pequeñas.



Always keep plastic bags, safety pins and buttons out of children's reach. Children can choke on these things.

Всегда держите пластмассовые мешки, английские булавки и пуговицы вне досягаемости для детей. Они могут ими подавиться.

Siempre mantenga las bolsas de plásticas, alfileres, ganchos y botones en lugares donde el bebé no las pueda alcanzar. Los niños podrían ahogarse con estas cosas.

Always keep matches, cigarette lighters and ashtrays out of your children's reach. They can start a fire or burn your children.

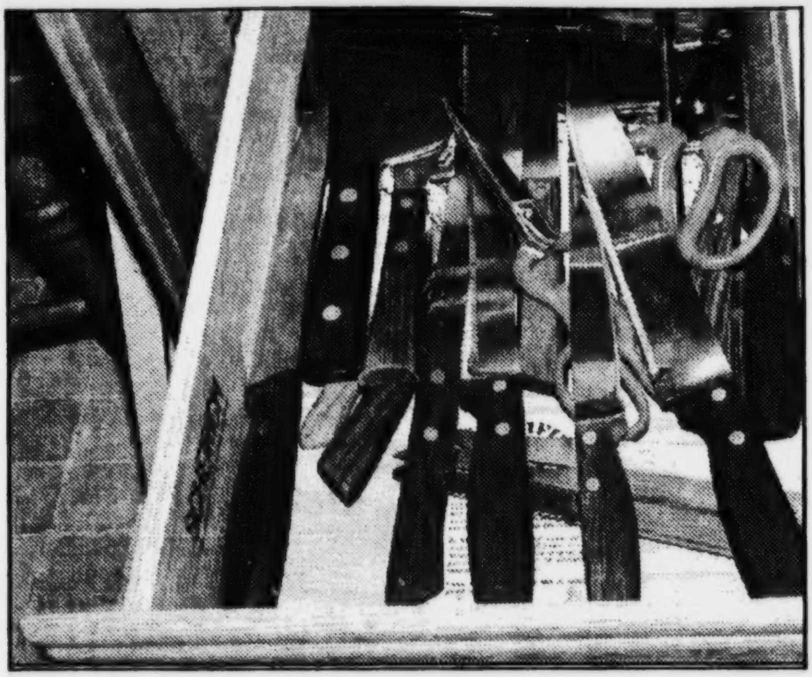
Всегда держите спички, зажигалки и пепельницы вне досягаемости для детей. Эти предметы могутявиться источником пожара или вызвать ожоги у детей.

Siempre mantenga los fósforos, encendedores y ceniceros afuera del alcance de los niños. Ellos podrían empezar un fuego y quemarse.

Many cleaning products are poison. Small children always put things in their mouth and these products can make them very sick. Keep cleaning products and medicine in high places where the babies and children can't see them or reach them.

Многие вещества, используемые в быту для чистки и мойки, ядовиты. Маленькие дети всегда тянут все в рот, что в этих случаях может привести к отравлениям. Всегда держите такие предметы и лекарства в таких высоких местах, где дети их не смогут увидеть и до которых они не смогут добраться.

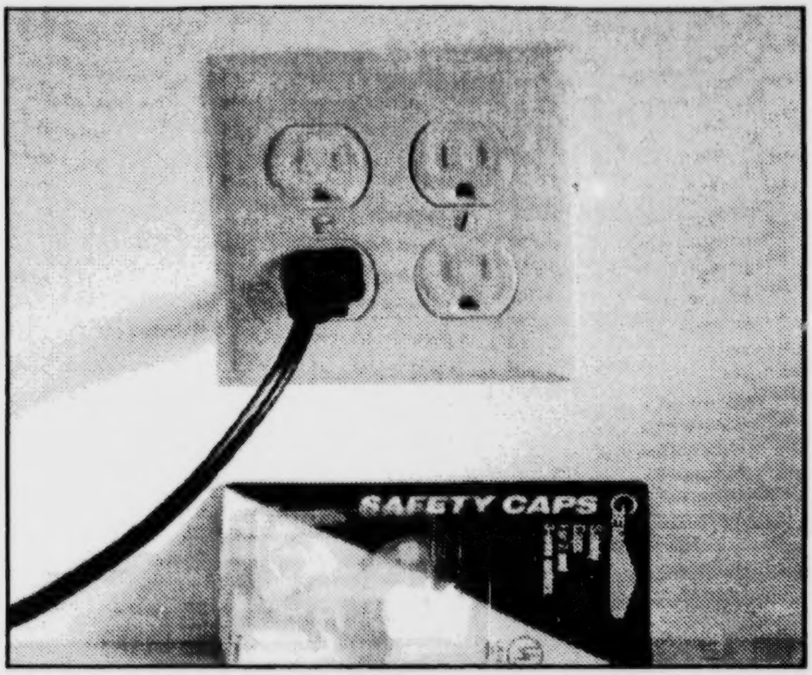
Muchos de los productos de limpieza son venenosos. Los niños pequeños siempre colocan cosas en sus bocas, estos productos podrían enfermar o envenenar a sus hijos. Mantenga los productos de limpieza y medicinas en lugares altos donde los bebés y niños no los puedan alcanzar.



Always keep knives and sharp objects out of children's reach. They can cut or stab children.

Всегда держите ножи и другие острые предметы вне досягаемости для детей, потому что они могут порезаться или пораниться колющим предметом.

Siempre mantenga los cuchillos y objetos puntiagudos afuera del alcance de los niños, Ellos podrían cortarse o apuñalear algún niño.



Always put plastic caps on electrical outlets. Electricity can hurt children if they touch the outlet or stick something in the outlet.

Всегда закрывайте электрические розетки пластмассовыми предохранителями. Дети могут серьезно пострадать от прикосновения к розетке руками или от засовывания в них каких-нибудь предметов.

Siempre coloque tapas a las tomas de corriente. La electricidad puede herir a los niños si ellos tocan o introducen algo en la toma de corriente.

Never put hot food or drinks close to your baby. They can spill and burn your baby.

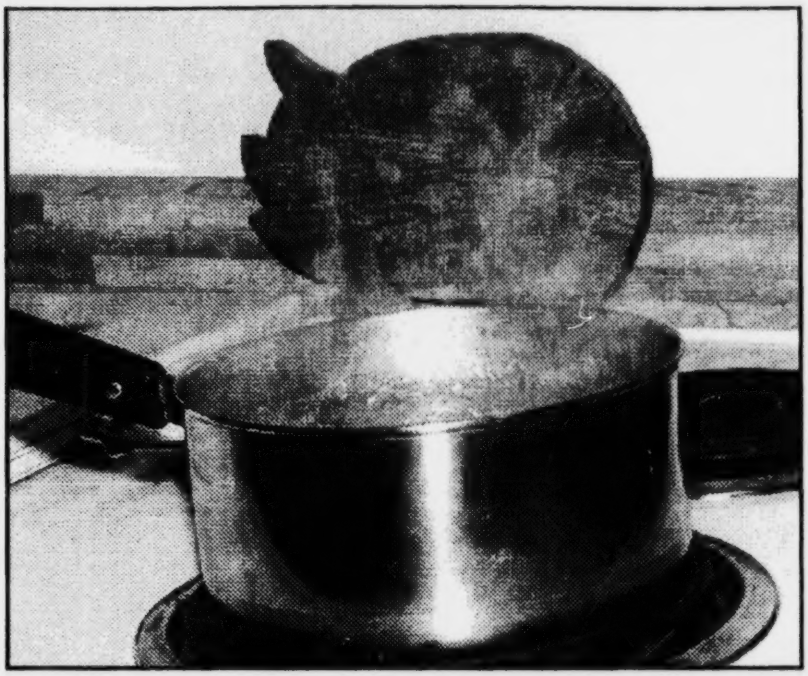
Никогда не оставляйте горячей еды или горячего питья вблизи от младенца. Ребенок может пострадать от ожогов, если они разбрызгаются или разольются.

Nunca coloque comidas o bebidas calientes cerca de su bebé. Estas podrían caerse y quemar al bebé.

When you are cooking turn the pan handles in toward the wall, so children can't reach them. Children can pull pans off the stove and burn themselves.

Всегда держите ручки кастрюль повернутыми к стене, когда вы приготавливаете пишу. Дети могут стянуть кастрюлю с плиты и обжечься.

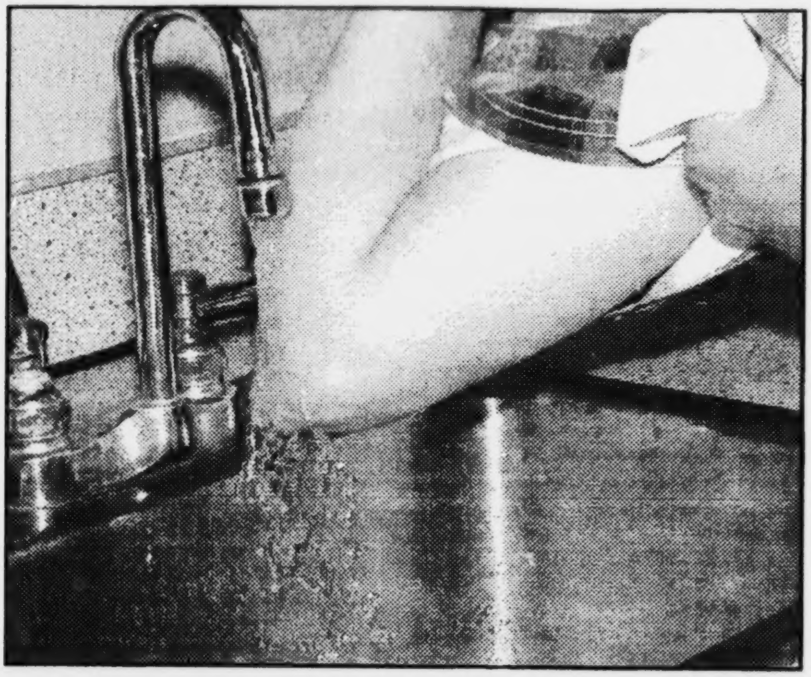
Cuando usted este cocinando mantenga los mangos de las ollas o sartenes, hacia la parte de atrás para que los niños no puedan alcanzarlos. Los niños pueden tirar las ollas de las estufas y quemarse ellos mismos.



Always find a safe place for children to play when you are cooking. Hot liquids, grease and hot foods can seriously burn chilren.

Всегда обеспечивайте детям безопасное место для игр, когда вы занимаетесь приготовлением пищи. Горячая жидкость, жир или горячая еда может вызвать тяжелые ожоги у детей.

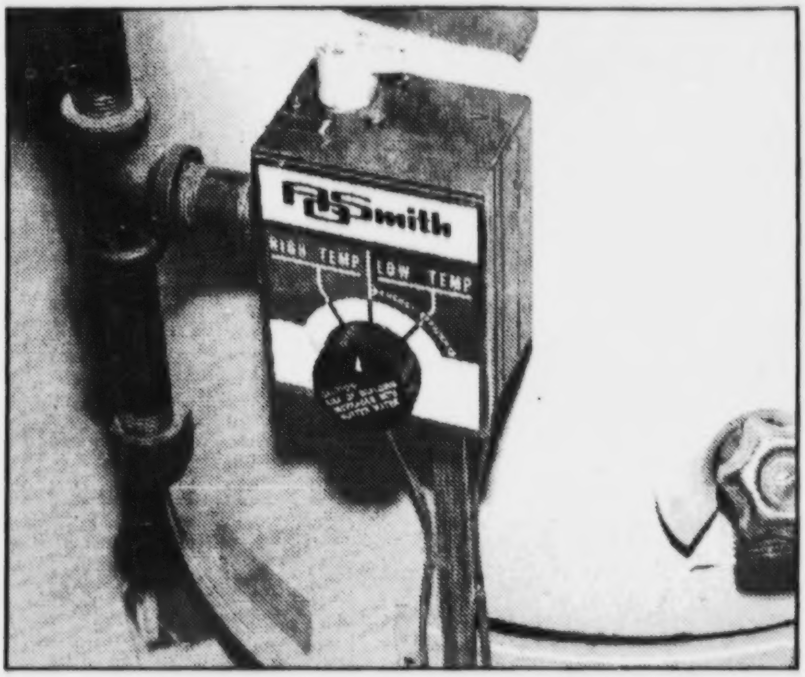
Siempre encuentre un lugar seguro para que los niños jueguen mientras usted esta cocinando. Líquidos y comidas calientes, grasas o aceites pueden quemar seriamente a los niños.



Hot bath water can burn children. Always check the water temperature with your elbow before you put the baby in the water.

Горячая вода в ванной может вызвать ожоги у детей. Перед тем, как посадить ребенка в ванну, всегда проверяйте температуру воды в ванне, опустив в нее свой локоть.

Agua caliente en la tina de baño o bañera puede quemar a los niños. Cerciórese siempre de la temperatura del agua con su codo, antes de colocar al bebé en el agua.



If the hot water in your sink or bathroom is too hot, ask your landlord to turn down the water heater temperature to 120°. This will prevent burns.

Если температура горячей воды, подаваемая в ванну или раковину, слишком высокая, то попросите у хозяина квартиры, чтобы он снизил температуру нагрева воды до 120о по Фаренгейту. Таким образом можно пре отвратить ожоги.

Si el agua caliente de su baño o fregadero esta muy caliente, usted debería solicitarle al propietario de la casa o apartamento que le baje a la temperatura del agua a 120 grados.

Never leave small children alone in the bathroom. Children can drown in the bathtub or toilet.

Никогда не оставляйте малолетних детей одних в ванне. Дети могут утонуть в ванне или туалете.

Nunca deje a los niños pequeños solos en el baño. Ellos podrían caerse en la tina de baño/bañera o en el sanitario/inodoro.

Baby walkers can be very dangerous. Never leave your child alone in a walker.

Детские приспособления для ходьбы могут быть очень опасны. Никогда не оставляйте ребенка одного в таком приспособлении.

Caminadores para bebés pueden ser muy peligrosos. Nunca deje a sus hijos solos en el caminador.

Always find safe places for your children to play. Always watch your children when they are playing outside.

Always watch your children very carefully when they are near the water in swimming pools, lakes, ponds, and ditches, even when the water is frozen in the winter. Never leave your child alone near the water. Ask your social worker, doctor, nurse or a teacher at your child's school about swimming lessons for your children.

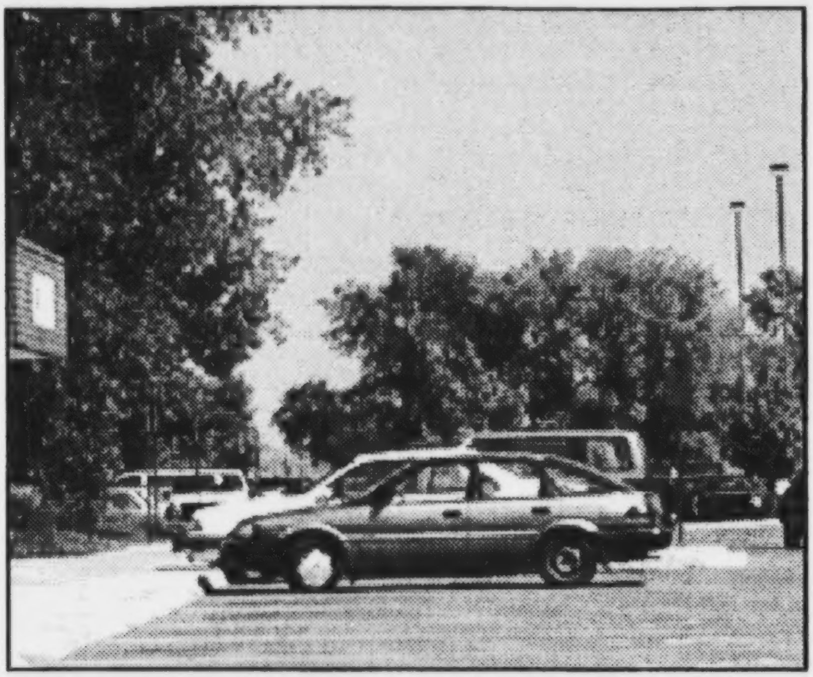
Всегда обеспечивайте детям безопасные места для игр. Всегда следите за детьми, когда они играют во дворе или на улице.

Всегда следите внимательно за детьми, когда они находятся около воды — в бассейне, озере, пруду или канаве, даже зимой, если вода в

водоеме замерзла. Никогда не оставляйте детей одних около воды. Узнайте у работника соцобесечения, у врача, медсестры или учителя школы, в которой учится ребенок, об уроках плаванья для детей.

Encuentre un lugar seguro para que sus hijos jueguen. Siempre vigile a sus hijos cuando ellos esten jugando afuera.

Siempre observe o vigile a sus hijos cuidadosamente cuando ellos estén cerca del agua en piscinas/albercas, lagos, pozos y zanjas, también cuando el agua este congelada en el invierno. Nunca deje a sus hijos solos cerca del agua. Pregúntele a su trabajadora social, doctor, enfermera o un profesor de su hijo acerca de clases de natación para él.



Never let your children play in the street or parking lot.

Никогда не разрешайте детям играть на улице
или на автомобильной стоянке.

Nunca permita que su hijo juegue en la calle,
aparcamiento o estacionamiento.

Always have your child wear safety equipment for sports, like a bike helmet when he or she rides a bike. Make sure the helmet fits and is safe. Children can fall from a bike and the helmet will protect them from serious injury.

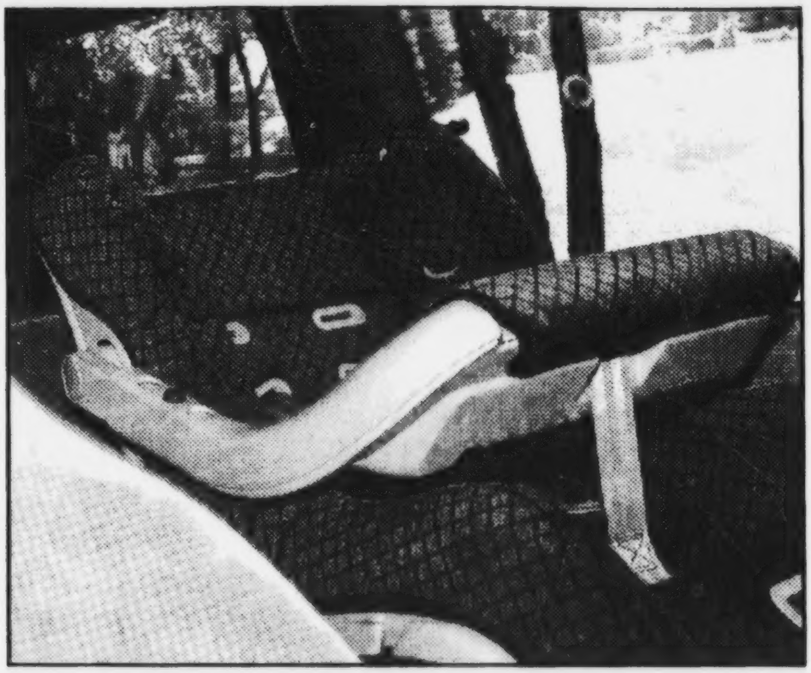
Всегда заставляйте ребенка надевать предохранительную одежду во время занятия спортом, например, надевать шлем на голову при езде на велосипеде. Позаботьтесь о том, чтобы шлем был хорошо подогнан и безопасен. Ребенок может упасть с велосипеда, и шлем защитит его или ее от серьезного увечья.

Asegúrese que su hijo siempre use equipos de seguridad para deportes, como cascos para bicicletas cuando la esté montando. Asegúrese que los cascos sean adecuados y seguros para ellos. Los ,niños podrían caerse desde la bicicleta pero los cascos los protegerá de serias lesiones o heridas.

When you can't watch your children yourself, leave them with a good reliable baby-sitter or daycare provider. Make sure your baby-sitter follows safety rules.

В тех случаях, когда вы не можете сами следить за детьми, оставляйте их под надзором добросовестной приходящей няни или воспитателя в яслях. Позаботьтесь о том, чтобы приходящая няня не нарушала правил безопасности.

Cuando usted no pueda cuidar a sus hijos, déjelos con alguien de confianza o en un jardín para el cuidado de niños (daycare). Usted debe de estar seguro que la persona que cuida a su hijo también siga las reglas de seguridad.



Always use a safe infant seat, when you drive with your baby in the car.

Если маленький ребенок едет с вами в машине, то всегда он должен находиться в специальном портативном детском сидении, обеспечивающим его безопасность.

Siempre use una silla de seguridad para bebé en el carro/coche, cada vez que usted conduzca con su bebé.

We hope this book will help you give your child a safe and happy life.

Мы надеемся, что эта брошюра поможет вам обеспечить счастливую и безопасную жизнь вашему ребенку.

Nosotros esperamos que este libro le ayude a usted a proporcionarle a sus hijos una vida segura y feliz.

Multi-Cultural Educational Services
832 104th Lane NW
Coon Rapids, MN 55433
763-776-7786

Safety for Babies and Children

Bosnian

Sigurnost za Bebe i Djecu

Arabic

آمن للأطفال و الاولاد

Somali

Nabadgalyada Ilmaha iyo Caruurta

by Anoka County

Community Health and Environmental Services

PC80163

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Safety for Babies and Children

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and
Multi-Cultural Educational Services

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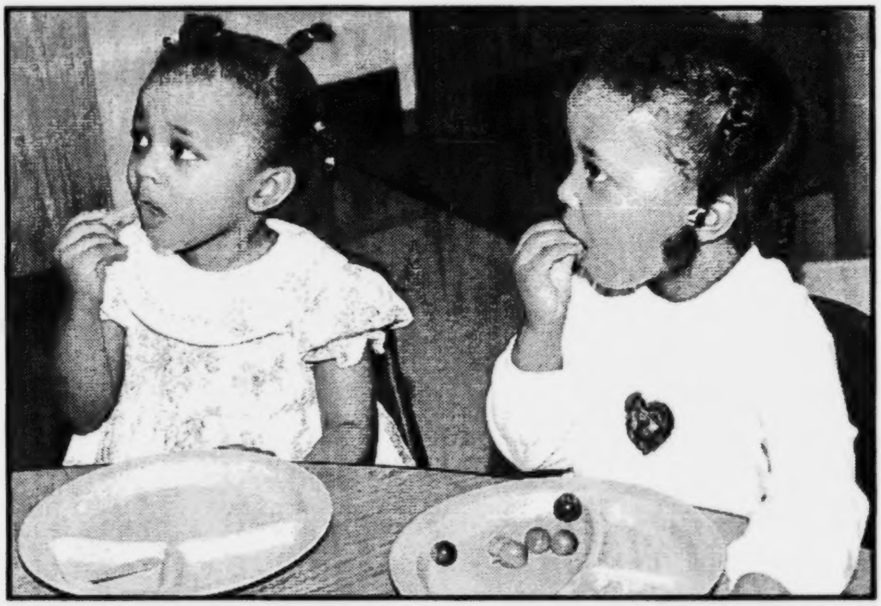


This is a book to tell you about safety for babies and children. It will give you some rules for safety indoors and outdoors. If you have any questions or do not understand something talk to your nurse, your doctor or your social worker.

Ova knjiga je namijenjena da vam kaže o sigurnosti za bebe i djecu. Daće vam neka pravila za sigurnost u kući i izvan. Ako imate neka pitanja ili nerazumijete nešto razgovarajte sa vašom medicinskom sestrom, vašim doktorom ili socijalnim radnikom.

هذاكتاب يخبرك عن المأمون للأطفال و الأولاد.
سوف يعطيك بعض القواعد للأمان في الداخل و الخارج.
إذا كان لديك اية اسئلة او لم تفهمي بعض الأشياء تحدثي
لممرضتك، لطبيبك أو الموظف الإجتماعي.

Buuggani waa buug loogu talagalay in u wax kaaga sheego badbaadada ilmaha yaryar iyo caruurta. Waxa u kuu sheegi doonaa dhawr tab ama siyaabo ku saabsan badbaadada iyo ilaalinta guriga dhexdiisa iyo dibada. Haddii ad qabtid su'aal ama wax ad fahmi waydid, la hadal kalkaalisadaada ama kalkaaliyahaaga caafimaad, dhakhtarkaaga ama shaqaalahaaga bulsho oo ah ciddii ku qaabilsan xafiisyada dadka ka caawiya arrimaha bulshada ama gargaarka.

Feeding Baby

Always hold your baby when the baby is drinking from a bottle, so the baby doesn't spit up and choke.

Uvijek držite vašu bebu kada beba pije iz flašice da se beba nebi udavila.

إحملي طفلك دائما عند مايشرب من الزجاجة ، بهذا لا يبصق الطفل و لايختنق.

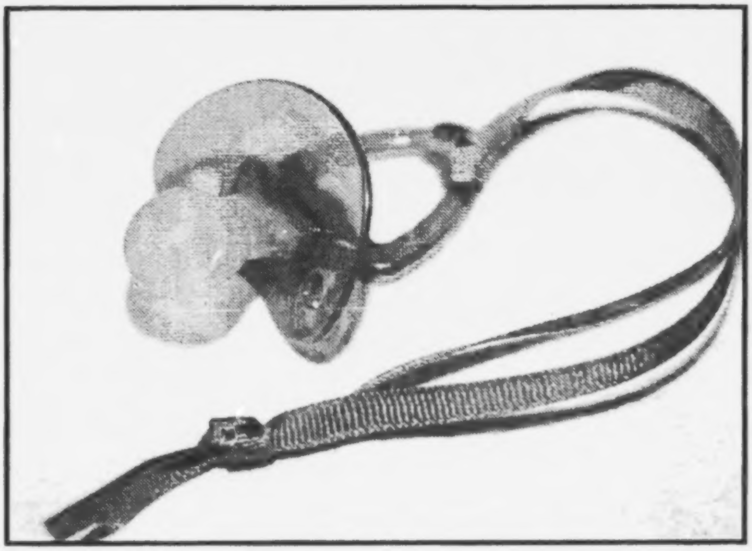
Mar kasta oo ad ilmaha masaas ama quruurad/qarsho ad nuujinaysid ilmaha hay si aan ilmuhu u soo tufin cabitaanka ama caanaha ugu na saxan ama margan.

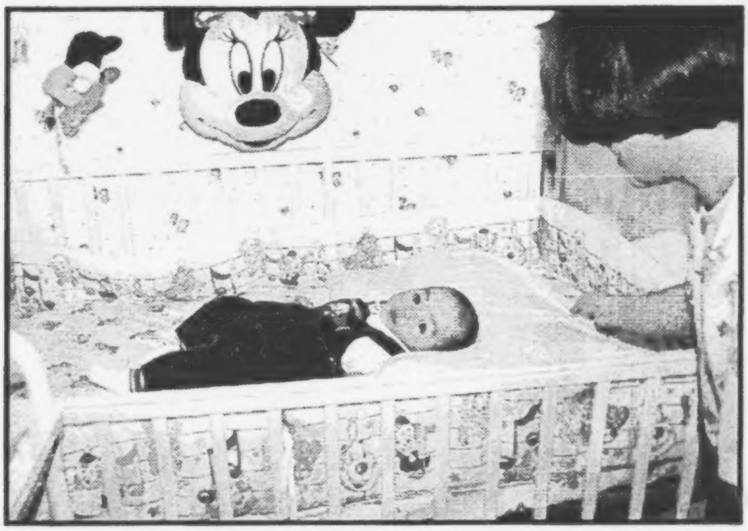
Never tie a pacifier around your baby's neck.

Nikada nemojte svezati dudu oko bebinog vrata.

لا تربطي المصاصة ابدا
حول عنق الطفل.

Waligaa ama mama ha ku xidhin luqunta ilmaha aamusiiye ama caaga afka loo galiyo si ilmuhu u jaqo una aamuso.





Never put the baby in bed with a bottle.

Nikada nemojte staviti bebu u krevet sa flašicom.

لا تضعي طفلك ابدا
في السرير مع الزجاجة.

Waligaa ha jiifin ama seexin ilmaha oo haysta masaas, quruurad ama qarsho wax lagu siiyo.

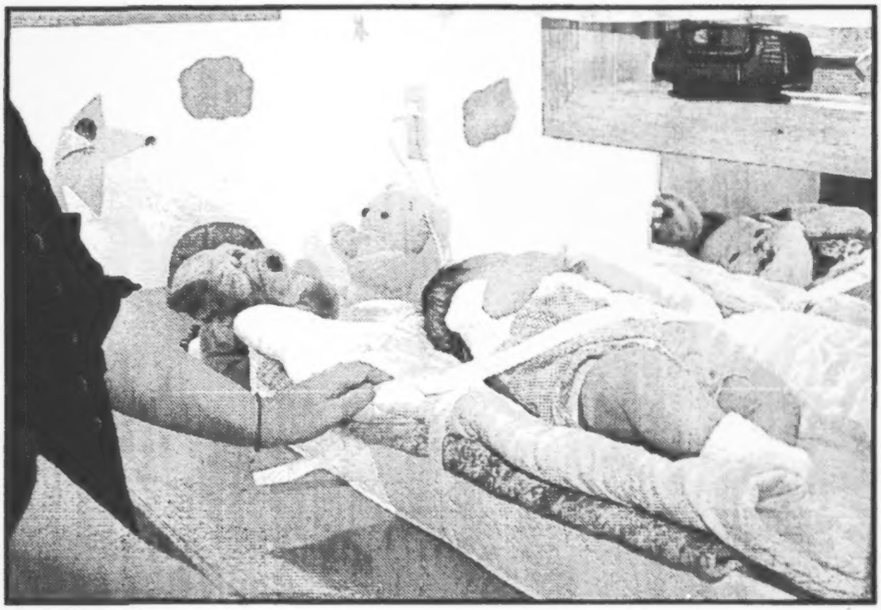
Be Careful

Always put the sides of your baby's crib up.

Uvijek držite stranice od bebinog kreveta podignute.

ضعي دائما جوانب مرتفعة لسرير طفلك.

Mar walba dhinacyada ama albaabka xoolka sare ha ugu jiraan meeshooda.

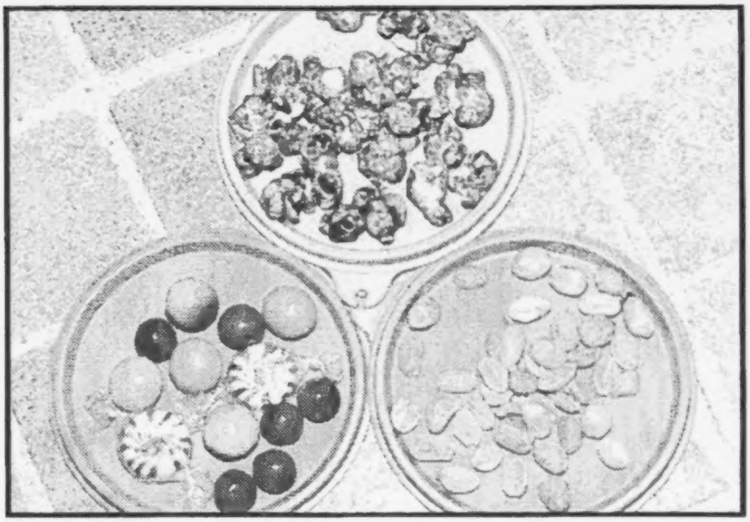


Always stay with your baby when he/she is on a high place like a changing table, bed, sofa, chair or kitchen counter. Babies can roll off and hurt themselves.

Uvijek budite uz vašu bebu kada on/ona je na visokom mjestu kao sto, krevet, sofa, stolica ili kuhinjski sto. Bebe se mogu prevrnuti i povrijediti se.

إبقي مع طفلك دائما عند مايكون - تكون على مكان مرتفع مثل طاولة التغيير ، السرير، الكنبة ، الكرسي او نضد المطبخ. الاطفال ممكنان يتدحرجوا ويؤذوا انفسهم.

Mar walba la joog ilmahaaga marka ilmuhu u saaran yahay meel sare sida miiska loogu beddelo, sariirta, kursiga jiifka, kursi caadiya ama dusha miiska jikada ama kushiinka ama qolka cuntada lagu kariyo.



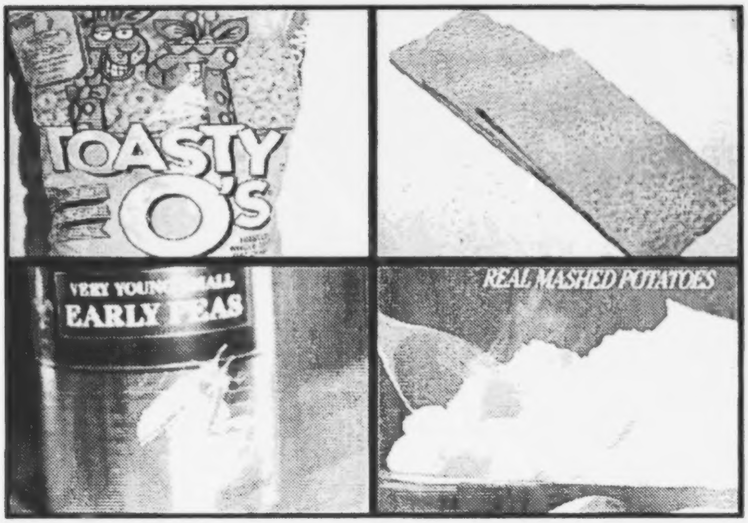
When your baby has teeth, can chew food and is learning to eat, you must be careful. Never give him or her hard foods like raw vegetables, peanuts, popcorn or hard candy. The baby can choke on these foods. Babies can also choke on grapes, hot dogs or a piece of meat.

Kada vaše dijete dobije zube, žvače hranu i uči da jede, morate biti jako oprezni. Nikada nemojte dati njemu/njoj tvrdu hranu kao svježe povrće, kikiriki, kokice, ili tvrde bonbone. Beba se može udaviti sa takvom hranom. Bebe se takođe mogu udaviti sa grožđem, hrenovkama ili mesom.

عندما يسنن طفلك، يستطيع ان يمضغ الطعام و يتعلم ان ياكل ، يجب ان تكوني حذرة . لا تعطيه او تعطيها طعاما قاسيا مثل الخضار النيئة ، المكسرات ، الذرة او الحلوى القاسية. الأطفال ممكن ان يختنقوا من هذه الأطعمة. الأطفال ممكن ان يختنقوا ايضا من العنب ، المقانق او قطعة اللحم .

Marka ilmahaagu yeesho ilko, cuntada na calaalin karo baranayo na sida wax loo cuno, waa in ad foojignaataa ama taxadirtaa. Marna ha siin cuntooyinka adag sida manaafacaadka dhirta ee qaydhin/cayrin, lawska, saloolka masagada/arabikhida ama nacnac adag. Ilmuhu waa u ku margan karaa cuntooyinkaas. Waxa kale oo ilmuhu ay ku margan karaan xabadda canabka, hilibka isgaliska ama (hot dogs) ama gobol cad ah.

Safety First!



You can give the baby safe foods like Cheerios, toast, graham crackers, peas, ground meat, soft cheese, soft cooked vegetables and mashed potatoes.

Možete dati bebi sigurnu hranu kao Cheerios, tost, graham krekere, kruške, mljevno meso, mekani sir, makano kukano povrće i gnječene krompire.

تستطيعين إعطاء الطفل مأكولات مأمونة مثل التشيريو ، الخبز المحمص ، بسكوت غراهام، بازيلا، لحمة مطحونة، جبنة طرية ، خضار طرية مطبوخة و بطاطا مسحوقة.

Waxa ad siin kartaa ilmaha cuntooyinka nabadda ah sida firilayda Jeeriyoos (Cheerios), roodhiga/rootiga fidsan 'toast', busgudka nooca garahaam, digirta jilicsan ee dhaameelka ah ama dhaadheer, jiis ama faramaajo jilicsan, manaafacaadka dhirta oo la kariyay jilicsan na iyo bataatiga/baradhada la kariyay lana burburiyay.

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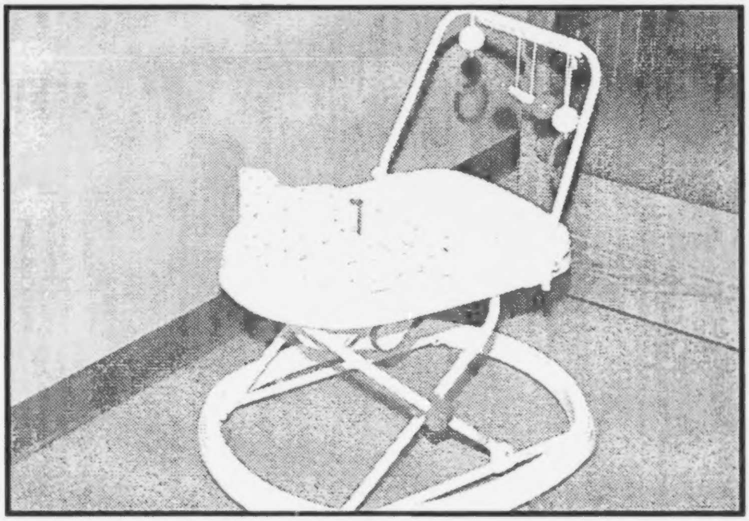


Baby walkers can be very dangerous. Never leave your child alone in a walker.

Dječije hodaljke mogu biti veoma opasne. Nikada nemojte ostaviti vaše dijete samo u hodaljci.

مشاية الطفل ممكن ان تكون خطرة جدا.لاتتركي
الطفل وحده في المشاية ابدا .

Gaadhiga lagu riixo caruurta waxa u noqon karaa mid aad u khatar ah. Waligaa ha kaga tagin ilmahaaga kaligii gaadhiga caruurta lagu riixo marka meel la tagayo.

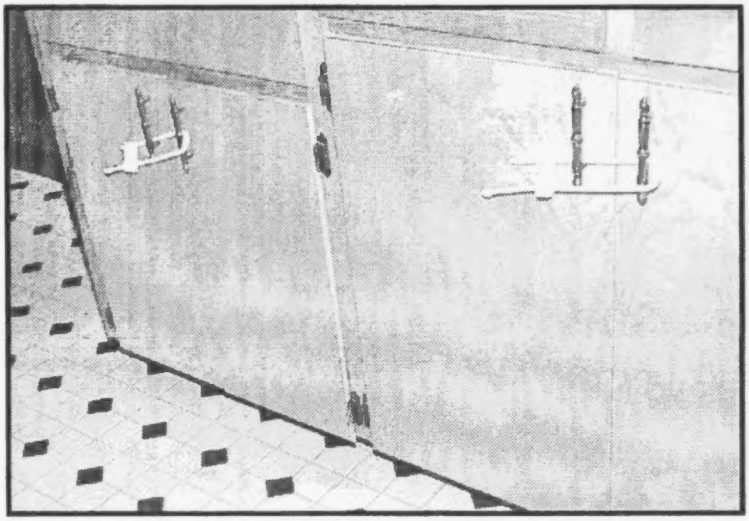
Always find a safe place for children to play when you are cooking. Hot liquids, grease and hot foods can seriously burn children.

Uvijek nađite sigurno mjesto za djecu da se igraju kada kuhate. Vruće tečnosti i vruća hrana mogu spržiti djecu.

جدي دائما مكانا آمنا للعب الأولاد عند ماتطبخين.
السوائل الساخنة ، الدهن و الطعام الساخن ممكن ان
تحرق الأولاد جديا.

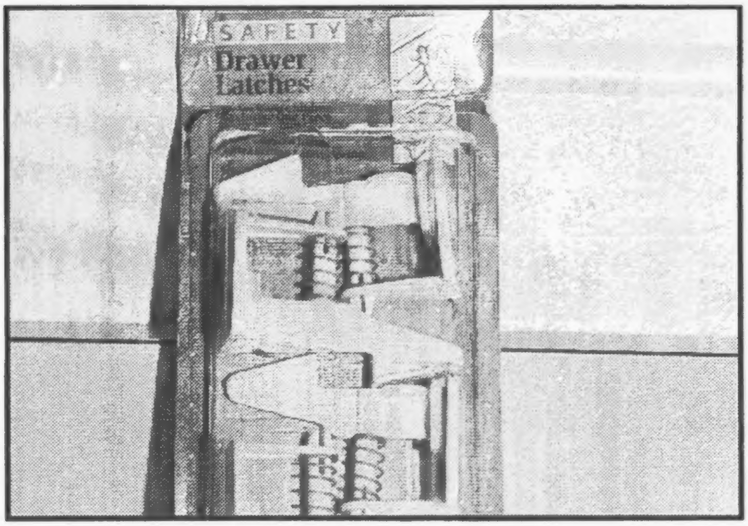
Mar walba u raadi caruurtaada meel nabad ama amaan ah oo ay ku ciyaaraan. Mar walba isha ku hay caruurtaada marka ay dabada ku ciyaarayaan.

Danger Danger



Always put safety catches on all drawers and cupboards that contain dangerous or poisonous things, so small children can't open them.

Uvijek stavite sigurne štipaljke na sve ladice i kabinete koji sadrže opasne ili otrovne stvari da ih mala djeca nemogu otvoriti.



ضعي دائما
مقابض مأمونة لكل
الأدراج والخزائن التي
تحتوي علىاشياء
خطرة أو سامة ، بذلك لا
يستطيع الاولاد
الصغار أن يفتحوها .

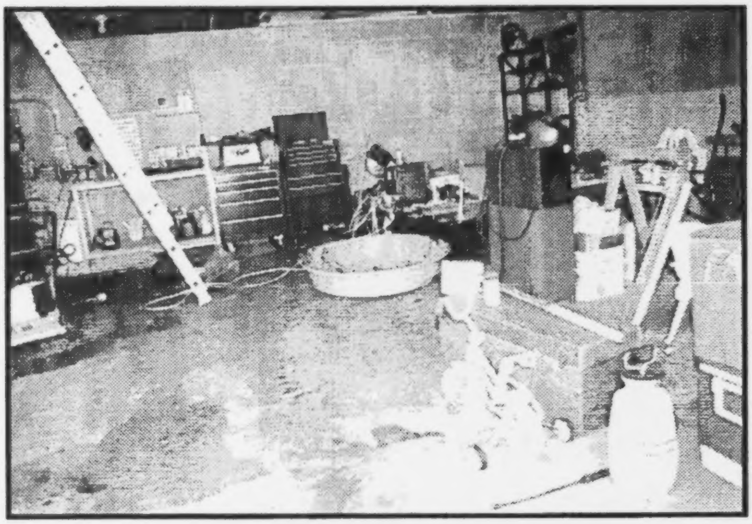
Mar walba xidh qufulka ama handaraabka ama wixii kale ee xidha khaanad, kabadh ama aramaajo ay ku jiraan wax khatar ama sun ah, si aan ilmaha yaryari u awoodin in ay furaan.

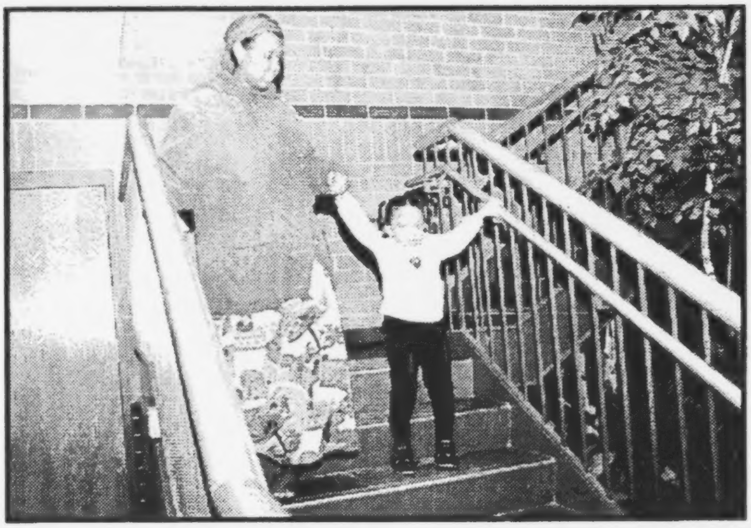
If there are many dangerous things in the room keep the baby outside.

Ako imate puno opasnih stvari u jednoj sobi držite bebu izvan te sobe.

إذا كان هنالك أشياء
كثيرة خطرة في الغرفة
ضعي الطفل خارجا .

Haddii waxyaabo badan oo khatar ahi ay qolka ku jiraan, ilmaha ha galin qalkaa.





Always keep your children away from stairs and windows, they can fall and get hurt.

Uvijek držite djecu dalje od stepenica i prozora, oni mogu pasti i povrijediti se.

١٠. إحفظي طفلك دائما بعيدا عن السلالم و النوافذ ،
من الممكن ان يسقطوا و يتأذوا.

Mar walba ilmaha ka fogee jaranjarooyinka ama salaanka iyo daaqadaha ama darishadaha, waa ay ka dhici karaan oo dhaawacmi karaan.

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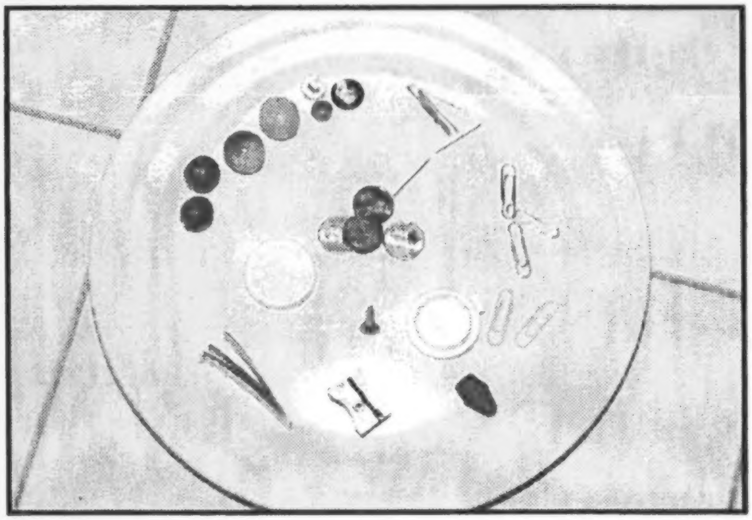
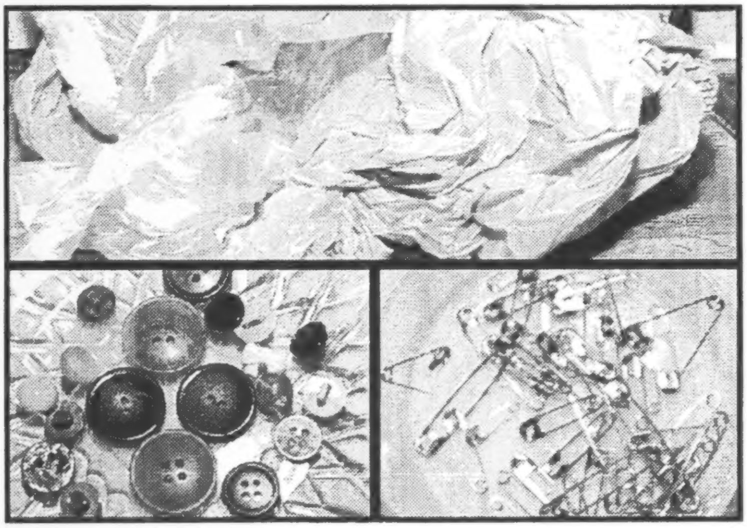


Always keep small things out of your baby's reach. Babies can choke on small things.

Uvijek držite male stvari dalje od bebe. Bebe se mogu udaviti sa malim stvarima.

إحفظي دائما الأشياء الصغيرة بعيدا عن متناول الاطفال.
الأطفال من الممكن ان يختنقوا من الأشياء الصغيرة.

Mar walba ka fogee gacanta ilmaha yar waxyaabaha yaryar. Ilmuhu waa ay ku margan karaan waxyaabaha yaryar.



Always keep plastic bags, safety pins and buttons out of children's reach. Children can choke on these things.

Uvijek držite plastične kese, igle i dogmad dalje od djece. Djeca se mogu udaviti s njima.

إحفظي دائما الأكياس البلاستيكية، الدبابيس المأمونة، و الأزرار بعيدا
عن متناول الأطفال . الأولاد من الممكن ان يختنقوا من هذه الأشياء .

Mar walba ka fogee gacanta ilmaha bacaha wax lagu rito, biinanka iyo irbadaha dharka. Ilmuhu waa ay ku margan karaan waxyaabahaa oo kale.

Always keep matches, cigarette lighters and ashtrays out of your children's reach. They can start a fire or burn your children.

Uvijek držite šibice, upaljače i pepeljare dalje od dodira dječije ruke. Oni mogu napraviti vatru ili spržiti vaše dijete.

إحفظي دائما الكبريت ، و لاعات السجائر و المنافض بعيدا عن متناول الأطفال .
من الممكن ان يشعلوا النار و يحرقوا انفسهم.

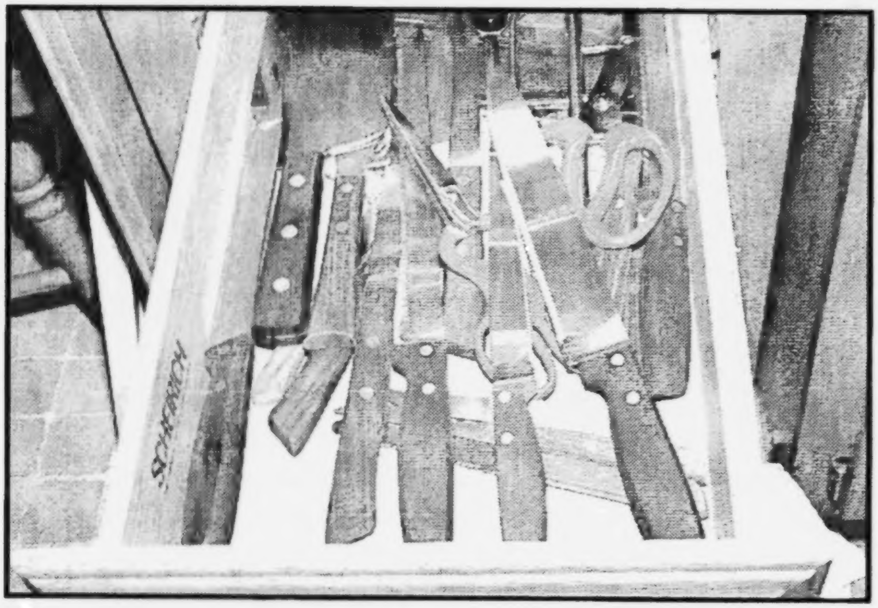
Mar walba ka fogee gacanta ilmaha kabriidka ama taraqa, shidaha cigaarka iyo aashtarayga ama weelka cigaarka lagu bakhtiiyo. Waxyabahaasi waxa ay keeni karaan dab ama ay gubi karaan ilmahaaga.

Many cleaning products are poison. Small children always put things in their mouth and these products can make them very sick. Keep cleaning products and medicine in high places where the babies and children can't see them or reach them.

Mnogi produkti za čišćenje su otrovni. Mala djeca uvijek stavljaju stvari u usta i ovi produkti ih mogu napraviti veoma bolesnim. Držite produkte za čišćenje i lijekove na visokim mjestima gdje ih bebe i djeca nemogu vidjeti i uzeti.

كثير من منتجات التنظيف سامة. الأولاد الصغار يضعون دائما الأشياء في فمهم و هذه المنتجات ممكن ان تمرضهم مرضا شديدا . إحفظي منتجات التنظيف و الأدوية في اماكن مرتفعة بحيث لا يستطيع الأطفال والأولاد رؤيتها او الوصول إليها.

Maadooyin badan oo wax lagu nadiifiyo ayaa sun ah. Caruurta yaryari waxa ay mar walba afkooda galiyaan wixii gacantoodu gaadho, waa na ay ku xanuunsan kartaan. Haddaba ku xaree ama ka saar meel sare maadooyinka wax lagu nadiifiyo ama lagu maydho ama dhaqo iyo dawooyinka/daawooyinka oo aan caruurtu ka arki karin ama kala soo bixi karin.



Always keep knives and sharp objects out of children's reach. They can cut or stab children.

Uvijek držite noževe i oštre predmete dalje od djece. Oni mogu posjeći ili izbosti dijete.

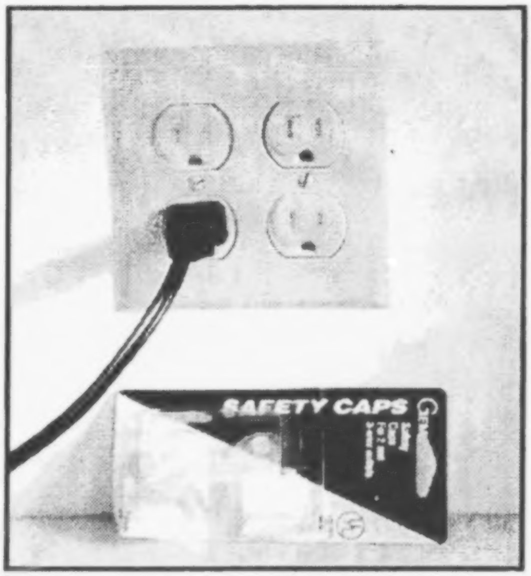
إحفظي السكاكين دائما و الأشياء الحادة بعيدا عن
منتاول الأولاد. من الممكن ان تسبب جرح اوطعن الأولاد.

Mar walba ka fogee gacanta ilmaha midiyaha iyo wixii af wax jara leh. Waxyaabahaasi waa ay sari ama mudi/duri karaan ilmaha.

Always put plastic caps on electrical outlets. Electricity can hurt children if they touch the outlet or stick something in the outlet.

Uvijek stavite plastične kapice na utičnice. Struja može povrijediti djecu ako dimu utičnicu ili stave nešto u utičnicu.

ضعي دائما الأغطية البلاستيكية على المنافذ الكهربائية، الكهرباء ممكن ان تؤذي الاولاد إذا لمسوها او اغرزوا شيئا ما في المنفذ .



Mar walba ku dabool godadka ama bareesooyinka dabka ama korontada dabool caag ka samaysan. Waxa laga hela daboolka godka dukaanada iibiya qalabka dabka ama korontada. Korontadu ama dabku caruurta waa u dhaawici karaa haddii ay taabtaan godka ama bareesada ama wax galiyaan godka ama bareesada.

Never put hot food or drinks close to your baby. They can spill and burn your baby.

Nikada nemojte staviti vruću hranu ili pića blizu vašeg djeteta. Mogu se proliti i spržiti vašu bebu.

لاتضعي ابدا اطعمة او اشربة ساخنة قريبا من طفلك، من الممكن ان تراق و تؤذي طفلك.

Waligaa ha u soo dhawayn caruurtaada cunto ama cabitaan kulul. Waa ay rogmi ama dulduuli karaan gubi karaa na ilmahaaga.

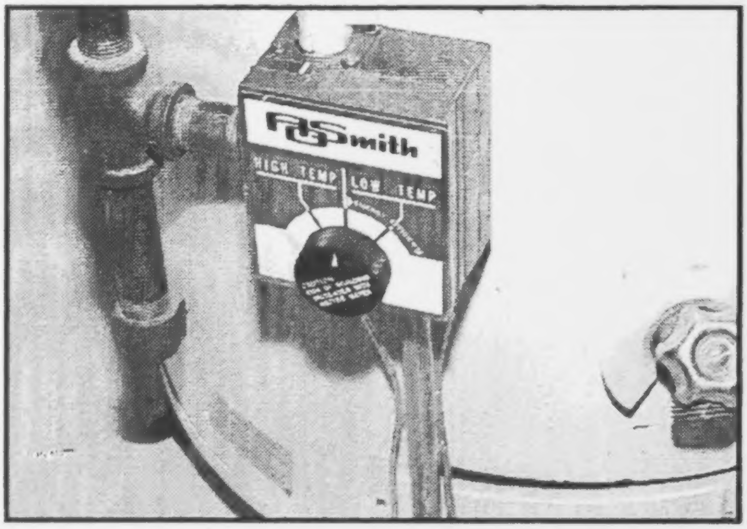
When you are cooking turn the pan handles in toward the wall, so children can't reach them. Children can pull pans off the stove and burn themselves.

Kada kuhate okrenite drške od posuđa prema zidu da ih djeca nebi mogla dohvatiti. Djeca mogu povući posuđe sa šporeta i spržiti se.

عندما تطبخين اديري يد المقلاة نحو الحائط، بهذا لا يستطيع الاولاد ان يبلغوها . الأولاد ممكن ان يسحبوا المقلاة عن الوجاق ويحرقوا انفسهم.

Marka ad wax karanaysid u jeedi gacanta daawaha darbiga ama gidaarka, si aan caruurtu gacantoodu u gaadhin. Caruurtu waa ay qabsan karaan soo na jiidi karaan daawayaasha saaran kariyaha kaa soo marka u ku soo rogmado gubi kara caruurta.

Water Safety

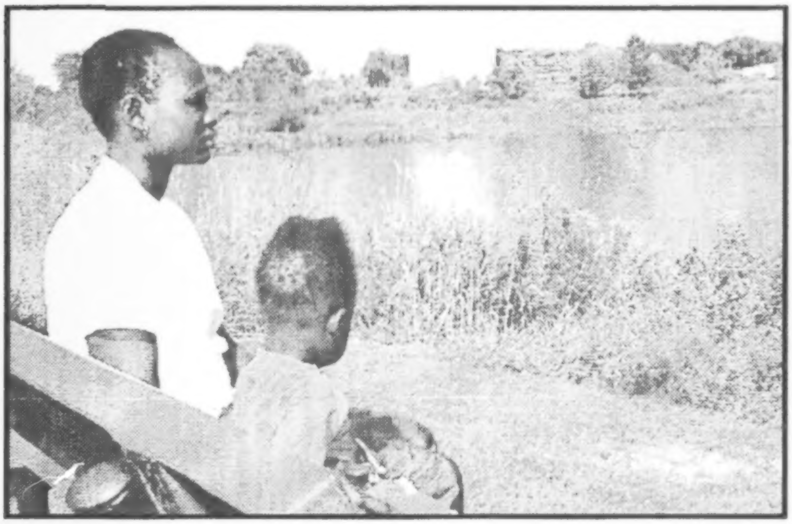


If the hot water in your sink or bathroom is too hot, ask your landlord to turn down the water heater temperature to 120°. This will prevent burns.

Ako je vruća voda u vašoj kuhinji i kupatilu previše vruća pitajte vlasnika vašeg stana da smanji grijanje vode na 120°. Ovo će spriječiti spržavanja.

إذا كان الماء الساخن في مغسلتك او الحمام شديد الحرارة
إسألي صاحب المنزل ليخفض حرارة سخان الماء لـ
١٢٠ درجة. هذا سوف يمنع الحروق.

Haddii biyaha kulul ee saxanka dhuunta/tuubada biyaha ama biyaha kulul ee musqusha ama sooliga ay aad u kulul yihiin, waydii qofka leh guriga ama guryaha in u yareeyo kulayka biyo kulayliyaha ku na toosiyo 120°. Taasi waxa ay joojin doontaa gubashada.



Always watch your children very carefully when they are near the water in swimming pools, lakes, ponds, and ditches, even when the water is frozen in the winter. Never leave your child alone near the water. Ask your social worker, doctor, nurse or a teacher at your child's school about swimming lessons for your children.

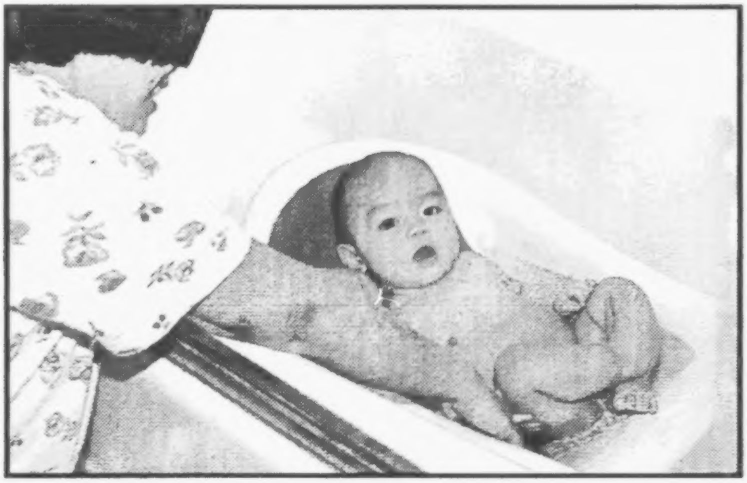
Uvijek pazite vaše dijete kada je blizu vode u bazenima, jezerima i zini kada je voda zamrznuta. Nikada nemojte ostaviti djete samo blizu vode. Pitajte vašeg socijalnog radnika, doktora, medicinsku sestru ili nastavnika iz škole vašeg djeteta o učenju plivanja vašeg djeteta.

لاحظي اولادك دائما بإنتباه شديد عندما يكونوا قرب الماء في حمام السباحة ، البحيرات ، البرك و الحفر ، حتى ولو كان الماء مجلدا في الشتاء. لا تتركي طفلك وحده قرب الماء. إسالي الموظف الإجتماعي، الطبيب، الممرضة او الأستاذ في مدرسة طفلك عن دروس السباحة لأطفالك.

Mar walba ilaali oo isha ku hay caruurtaada si aad ah marka ay u dhaw yihiin biyaha ku jira barkadda lagu dabaasho, balli weyn ama balli yar (waa god biyo ku jiraan), ama meel godan oo biyo ku joogsadeen, xataa haddii biyaha meesha ku jiraa ay fadhiisteen wakhtiga dhaxanta. Waligaa ha kaga tegin ilmahaa keligii biyo agtood. Waydiiso qaabilsanahaaga bulsho ama gargaarka, dhakhtarkaaga, kalkaaliso/kalkaaliye caafimaad ama macallin jooga dugsiga ama isguulka ilmahaaga in u siiyo ilmahaaga cashar ama daris ku saabsan dabaasha.

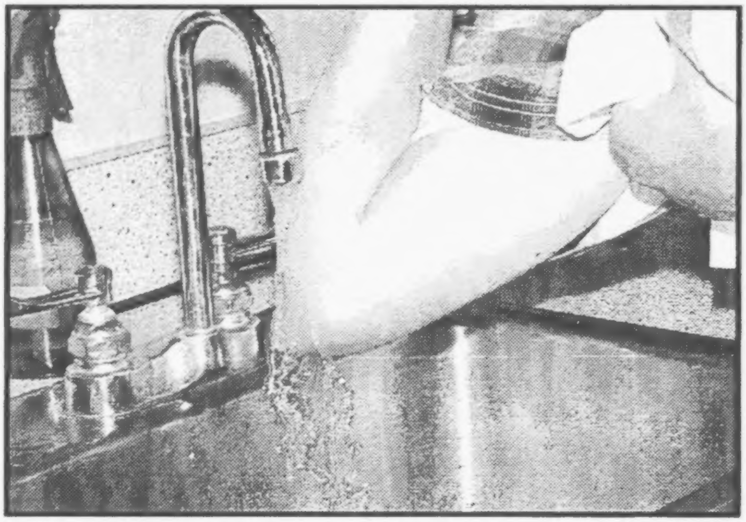
Never leave small children alone in the bathroom. Children can drown in the bathtub or toilet.

Nikada nemojte ostavite malu djecu samu u kupatilu. Djeca se mogu ugušiti u kadi.



لاتتركي الأولاد الصغار وحدهم في الحمام ابدا .الأولاد
ممكن ان يغرقوا في حوض الإستحمام او المرحاض.

Waligaa marna ha kaga tagin caruurta musqusha ama sooliga kaligood. Caruurtu waa ay ku hafan karaan kuna naf waayi karaan saxanka qubayska/maydhashada ama godka fadhiga musqusha/sooliga.



Hot bath water can burn children. Always check the water temperature with your elbow before you put the baby in the water.

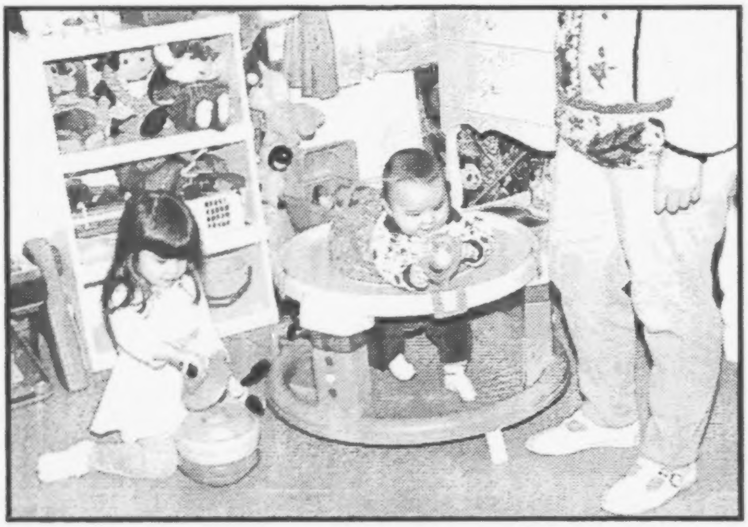
Vruća voda za kupanje može spržiti djecu. Uvijek provjerite temperaturu vode sa vašim laktom prije što stavite bebu u vodu.

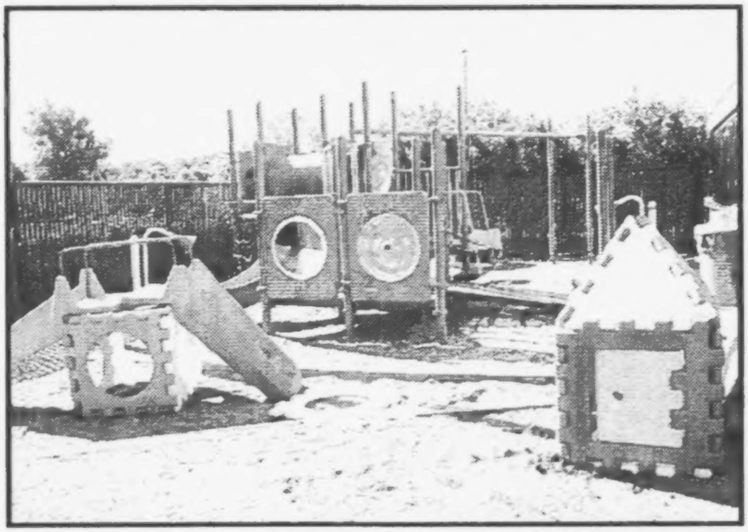
ماء الحمام الساخن ممكن ان يحرق الأولاد.عايني دائما درجة حرارة الماء بكوعك قبل وضع الطفل في الماء.

Biyaha kulul ee lagu maydho ama lagu qubaysto waa ay gubi karaan caruurta. Mar walba ku tijaabi kulaylka biyaha xusulkaaga ka hor inta aanad ilmaha biyaha galin.

Always find safe places for your children to play. Always watch your children when they are playing outside.

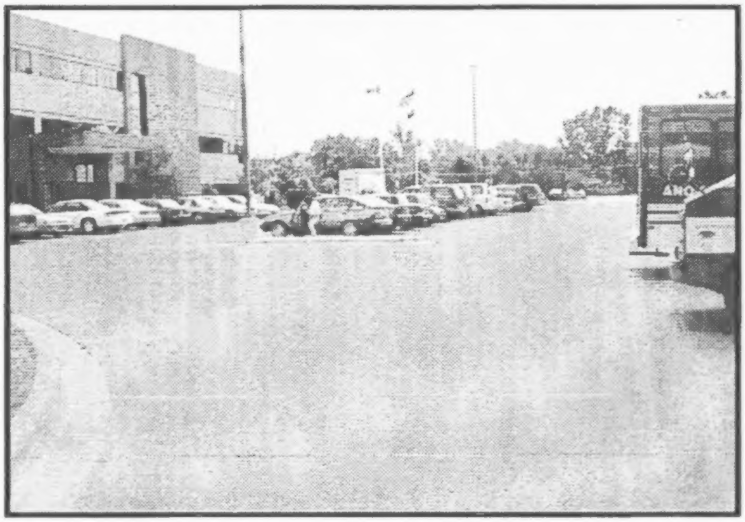
Uvijek nađite sigurna mjesta za vašu djecu da se igraju. Uvijek pazite vašu djecu kada se igraju vani.





جدي دائما امكنة آمنة للعب او لادك. لاحظي او لادك
دائما عندما يلعبون خارجا.

Mar walba u raadi caruurtaada meel nabad ama amaan ah oo ay ku ciyaaraan. Mar walba isha ku hay caruurtaada marka ay dabada ku ciyaarayaan.



Never let your children play in the street or parking lot.

Nikada nedozvolite vašoj djeci da se igraju na ulici ili na parkingu.

لاتتركي طفلك يلعب في الشارع او موقف السيارات ابدا.

Marna ha u oggolaan caruurtaada in ay ku ciyaaraan jidka ama halka baabuurta la dhigto.

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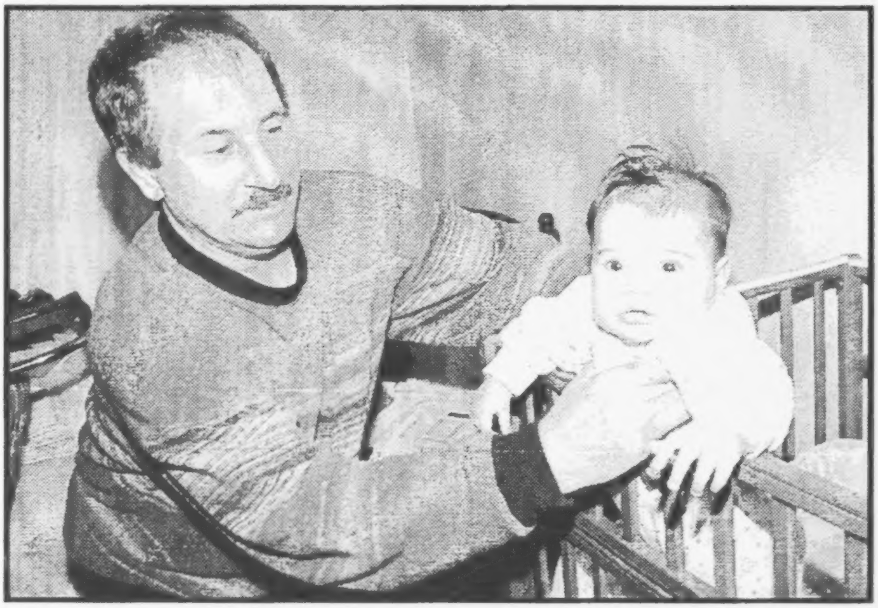
Always have your child wear safety equipment for sports, like a bike helmet when he/she rides a bike. Make sure the helmet fits and is safe. Children can fall from a bike and the helmet will protect them from serious injury.

Vaše djete uvijek treba nositi zaštitnu opremu za sport, kao što je šljem za vošnju bicikla. Šljem nesmije biti malen i mora biti siguran. Djeca mogu pusti sa bicikla i šljem će ih zaštititi od ozbiljne povrede.

ليلبس ولدك دائما التجهيزات الآمنة للرياضة ، مثل خوذة الدراجة عندما
يقود-تقود الدراجة. تأكدي ان الخوذة مناسبة و آمنة.
الأولاد ممكن ان يقعوا عن الدراجة والخوذة سوف تحميهم منالإصابة الجدية.

Mar walba u gali ama ha gashado ilmahaagu qalabka badbaadada ee ciyaaraha loogu talagay, sida madax-ilaaliyaha/koofiyada adag ee baasgeelka/bushkuleetiga marka \ay fuulalan baasgeel/bushkuleeti. Hubi in madax-ilaaliyuhu/koofiyada adagi ay leeg tahay amaan na tahay. Caruurtu waxa ay ka soo dhici karaan baasgeel/bushkuleeti; haddii taasi dhacdo na madax-ilaaliyaha/koofiyada adag ayaa ka celin doonta dhaawac khatar ahi in u ku dhaco.



When you can't watch your children yourself, leave them with a good reliable baby-sitter or daycare provider. Make sure your baby-sitter follows safety rules.

Kada nemožete paziti svoju djecu ostavite ih sa pouzdanom osobom koja čuva djecu. Dadilja mora slijediti pravila za sigurnost.

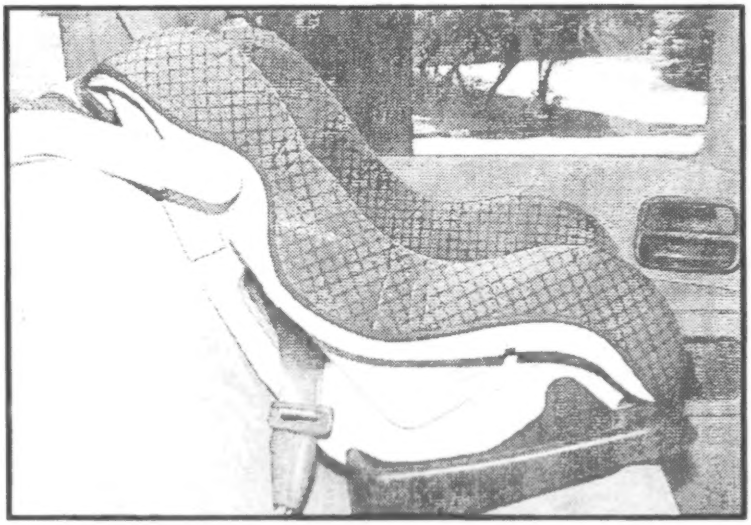
عندما لا تستطيعين ملاحظة اولادك بنفسك، اتركيهم مع جليسة اطفال او مسؤل عن الحضانة موثوق بهم. تأكدي ان جليسة طفلك تتبع القواعد الآمنة.

Marka aanad adigu ilaalin karin caruurtaada, ku dhaaf caruur-sii-hayso lagu kalsoon yahay ama dadka xadaaniyad/dugsi xanaano haysta. Hubi in caruur-sii-hayahaagu u/ay raado sharciga ama tabaha nabadda ama amaanka.

Always use a safe infant seat when you drive with your baby in the car.

Uvijek koristite sigurnu dječiju stolicu, kada vozite vašu bebu u autu.

إستعملي دائما مقعد الاطفال الآمن عندما تقودين السيارة.



Mar walba isticmaal kursi amaan ah oo ka caruurta ah, marka ad baabuur ku qaadaysid ilmaha.

We hope this book will help you give your child a safe and happy life.

Mi se nadamo da će vam ova kniga pomoći u davanju vašoj djeci siguran i sretan život.

نأمل بأن هذا الكتاب سوف يساعدك لتعطي طفلك الأمان و الحياة السعيدة.

Waxa annu rajaynayaa in buuggani kaa caawin doono sidii ad nolol nabad iyo farxad leh u siin lahayd ilmahaaga.

Developed In Partnership
With
Allina Health System
and
Multi-Cultural Educational Services

Funded By
Minnesota Department of Children,
Families and Learning

Multi-Cultural Educational Services
832 104th Lane NW
Coon Rapids, MN 55433
763-767-7786
www.mcedservices.com

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Safety for babies and children

Ka̱n kɛ kuic gan tin tiani kɛnɛ gaat tin dit

(Nuer)

Developed in Partnership by:
Multi-Cultural Educational Services,
Allina Health System
and
Anoka County Community
Health and Environmental Services

PL801611

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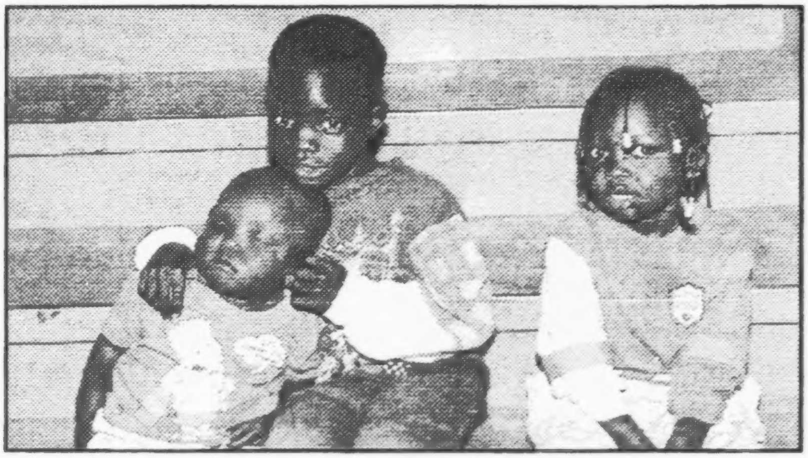
Safety for babies and children



Ka̲n kɛ kuic gan tin tiani kɛnɛ gaat tin dit

written by
Anoka County
Community Health and Environmental Services

translated by
Gatkuoth Pal Kueth and John Bol Luel

edited by
Charles La Rue

Photography by
Claire McKinley

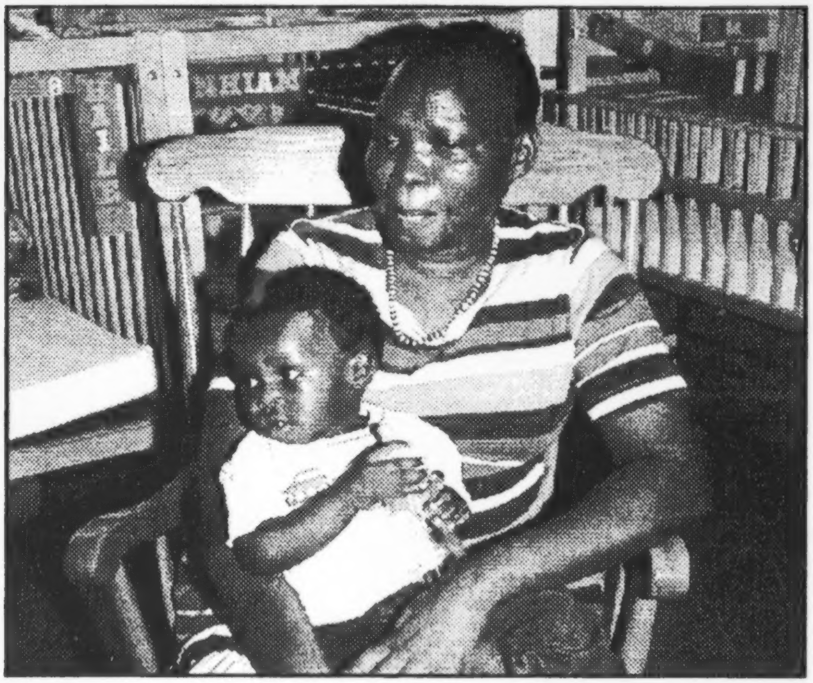
1996

This is a tape and book set to tell you about safety for babies and children. Together they will give you some rules for safety indoors and outdoors. If you have any questions or do not understand something talk to your nurse, your doctor or your social worker.

Mεmε ε kathit kεnε bok mi lär ji ciaŋ in deeri yop ni gaat ku. Kεndial dë ji moc ciaŋ yupkä ŋuɔtni rεyduel kiε raar rεyduelu. Mi ti kε thiec kiε tii kε mi kän wä lɔcdu. Ruac ni kε läät duelwal kiε ki̱mdu kiε ram mi lät kε kuedu.

Both the book and the tape are in English and Nuer. Listen to the tape and it will tell you what picture in the book to look at. As you look at the picture on that page, the tape will tell you about this safety rule.

Kεndial book kεnε kathit ca kε rialikä kε thuɔk liŋlithni kεnε thok nath. Liŋ kathit bε ji la̱r gua̱th in deeri guic rεy buɔk. Min guici thurε ni rεy buɔk εmɔ. Bi kathit εla̱r ji kεn ŋuɔt yupkä .

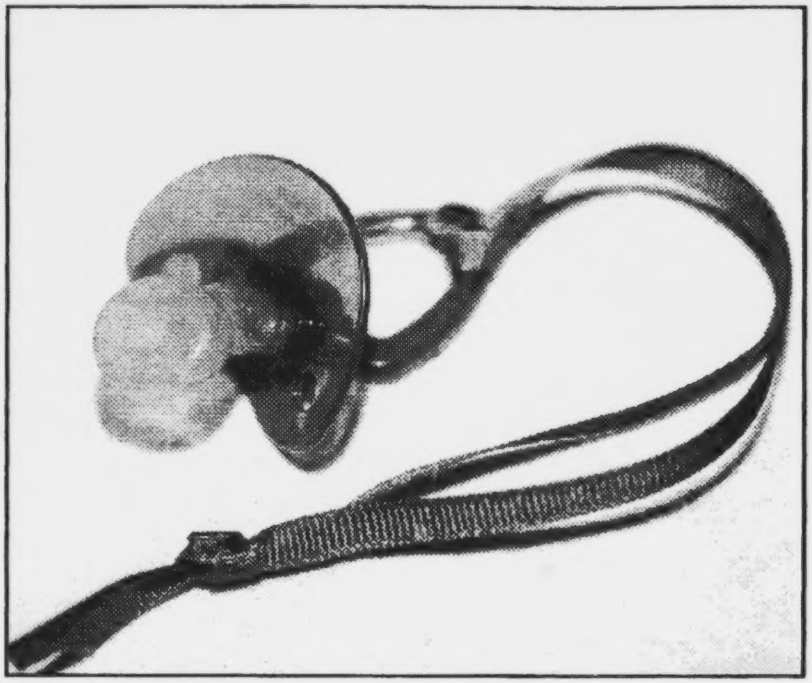


Always hold your baby when the baby is drinking from a bottle, so the baby doesn't spit up and choke.

Guäth ni dial käp gatdu mi luëthɛ kɛ thin kiɛ diar dɔŋ dee gat tak kiɛ ŋök.

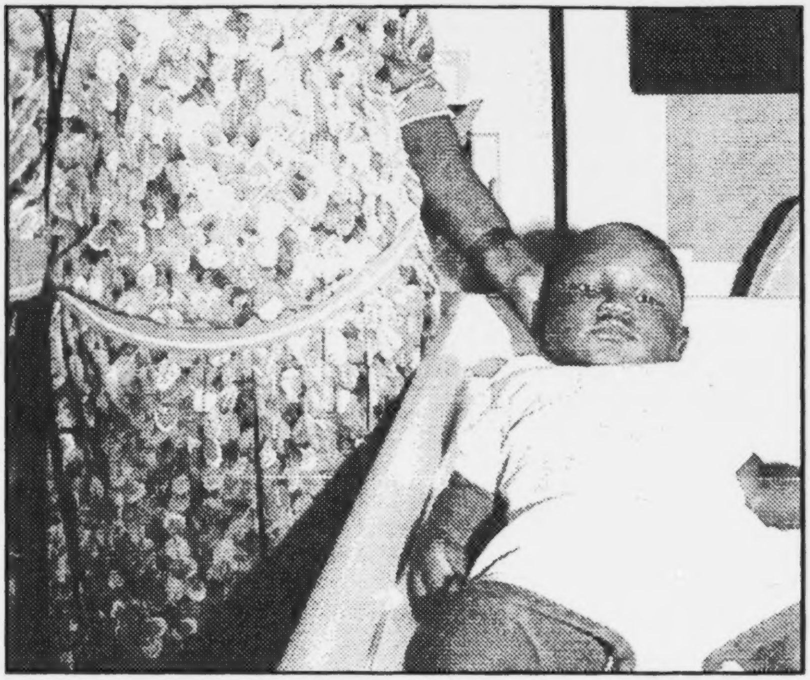
Never put the baby in bed with a bottle.

Cu gat a läthi wiilaŋɛrɛpkä kɛ diaarɛ.



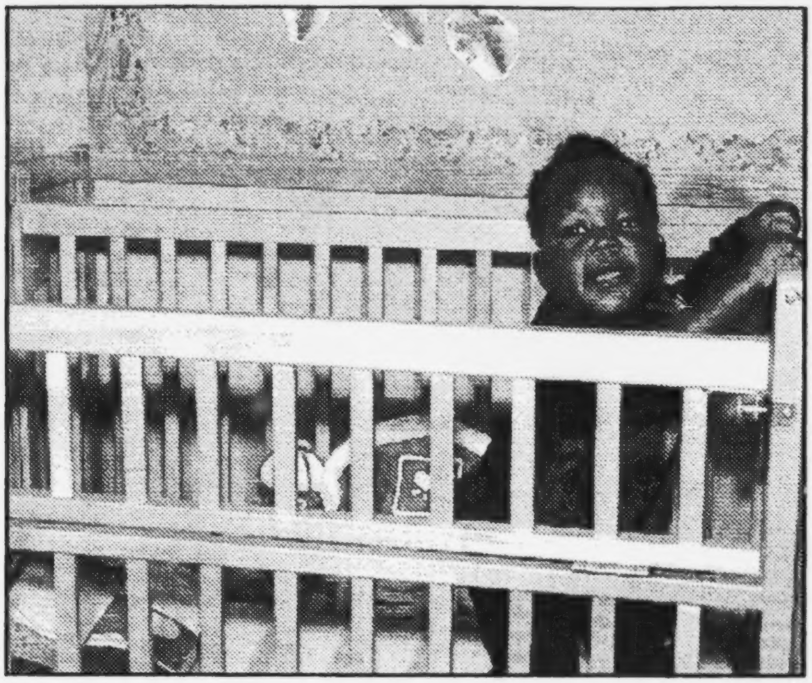
Never tie a pacifier around your baby's neck.

Cu putɛ ŋuaa miäth gatkä a rothi ŋuä dɛ.



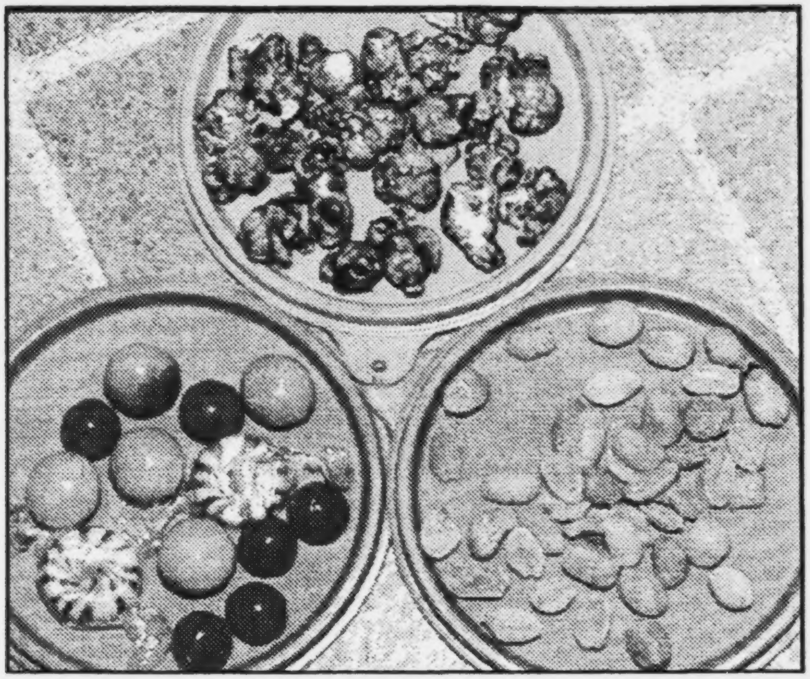
Always stay with your baby when he/she is on a high place like a changing table, bed, sofa, chair or kitchen counter. Babies can roll off and hurt themselves.

Ni ciaŋ, lapnia̱ ti kut gatkä, mi tii guäth mi ti nhial cet kɛ laŋlaŋ kɛnɛ laŋrɛp kiɛ wii kɔaam. Gaat de kɛ pëën kä de kɛ buɔ̱ɔ̱tjek.



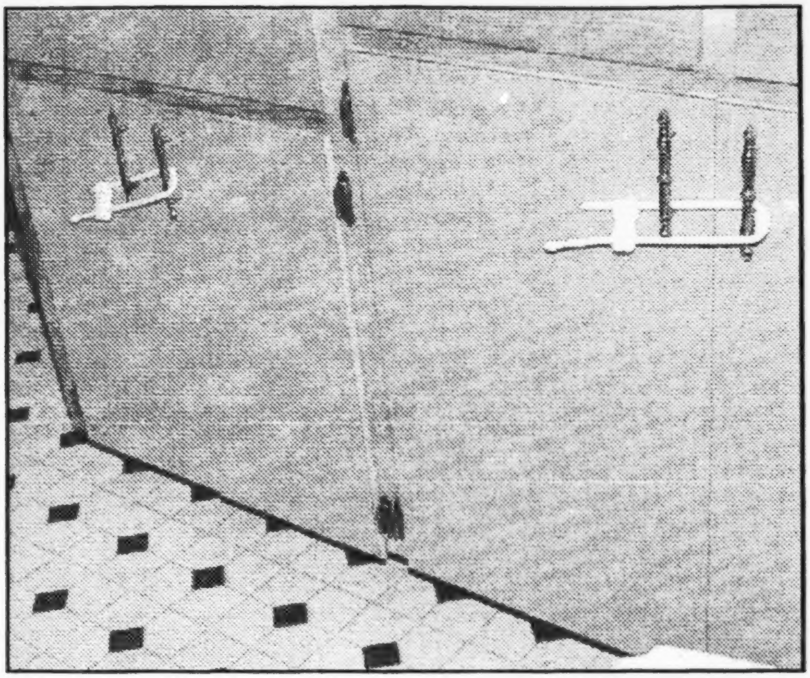
Always put the sides of your baby's crib up.

Guäth ni diaal lapni dieny gatkä geek kɛ a cuŋi nhial.



When your baby has teeth, can chew food and is learning to eat, you must be careful. Never give him or her hard foods like raw vegetables, peanuts, popcorn or hard candy. The baby can choke on these foods. Babies can also choke on grapes, hot dogs or a piece of meat. You can give the baby safe foods like Cheerios, toast, graham crackers, peas, ground meat, soft cheese, soft cooked vegetables and mashed potatoes.

Mi be lɛc gat du a göörɛ miath. Cu jɛ käm kuan ti buɔm-buɔm kɛ ɣöö deerɛ dɛ̈c ciet kɛ riŋ ki boor, bi ka̱m ni jɛ kuan ti kɔa̱c-kɔa̱c. Thurɛ minte kä pec ba̱kɛl, nyothɛ kuan tin buɔm-buɔm ti ci rɔ̱ lot kɛ gaat tin tiɛni. Thurɛ mɔ te kä pec ba̱rɔw nyothe kuan tin kɔa̱c-kɔa̱a̱c tin lot rɔ kɛ gaat tin tieni. Gaat de kɛ dɛ̈c kɛ dɛi juakni kɛnɛ riɛy riäŋ kiɛ (hotdogs) kiɛ dhuɔn riaŋ.

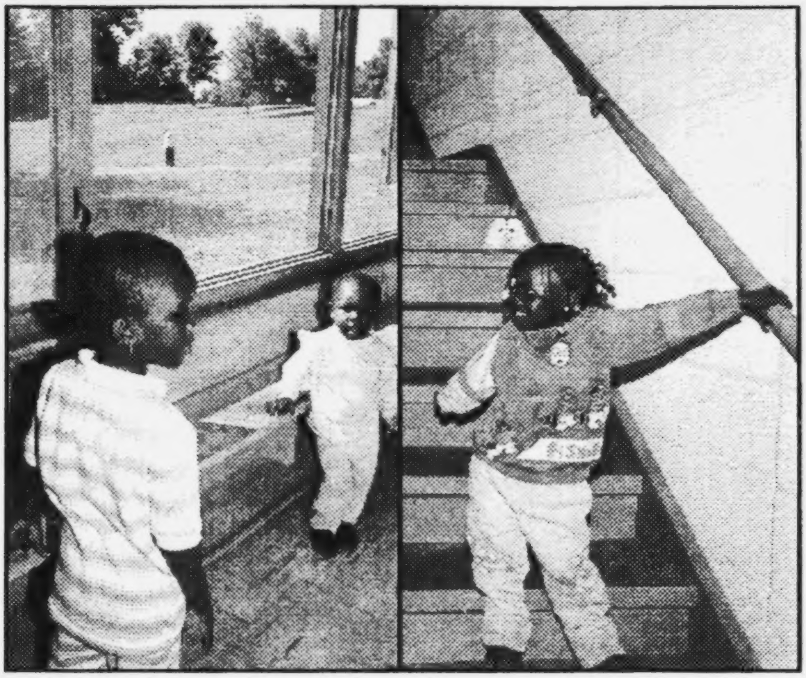


Always put safety catches on all drawers and cupboards that contain dangerous or poisonous things, so small children can't open them.

Guath ni dial, lapni kääpni tin la kaap kɛ dolapni a gääki bum, kɛ ɣöö ci gaat kɛ bi lëp.

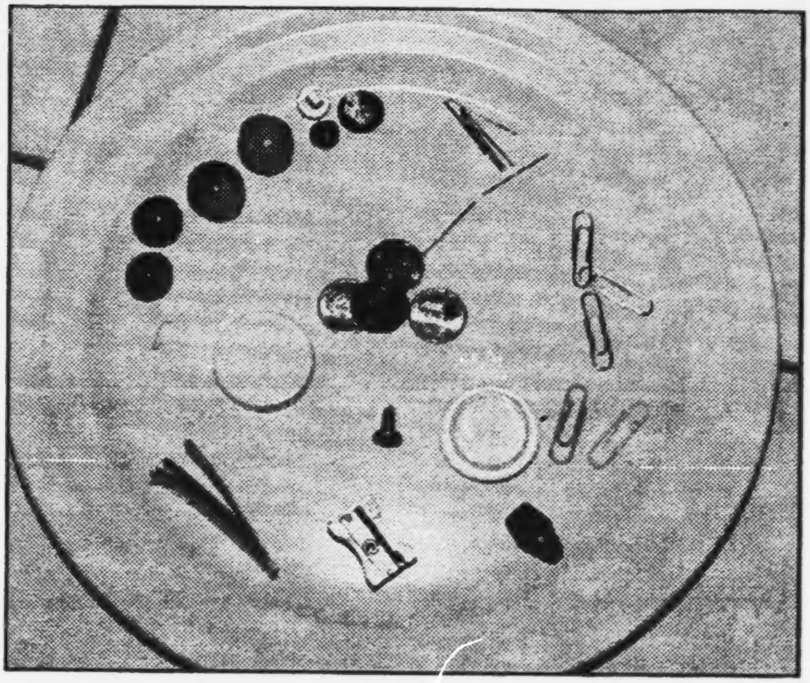
If there are many dangerous things in the room keep the baby outside.

Mi tee kɛ ti jiäk ti te dueel, jak ni gat kä te raar a ciwä dueel.



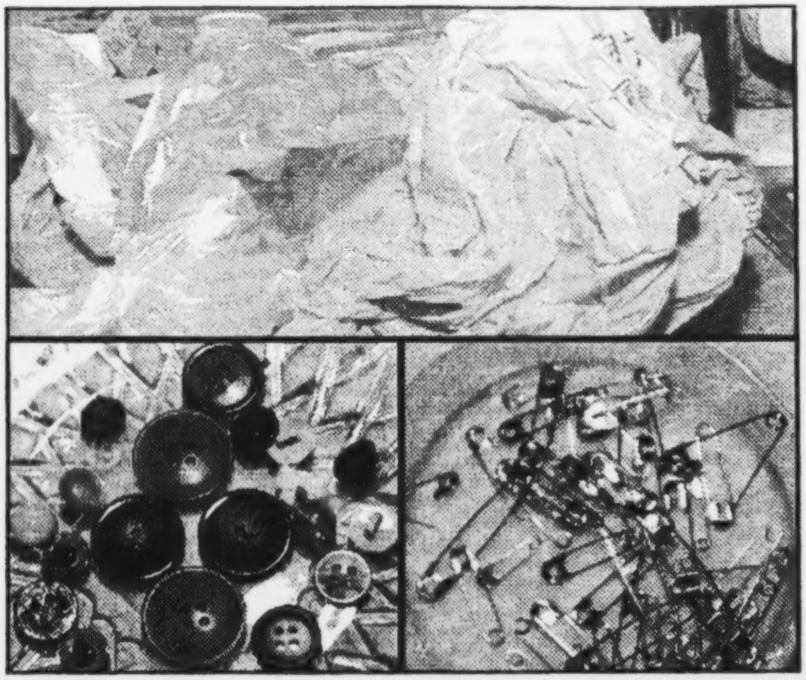
Always keep your children away from stairs and windows, they can fall and get hurt.

Ni ciäŋ nɔ̱ɔ̱ni gaat kɛ duɔ̱p köt kɛnɛ wernyini kɛ ɣöö dee kɛ pɛ̈ɛ̈n kä dee kɛ buɔ̱ɔ̱t jek.



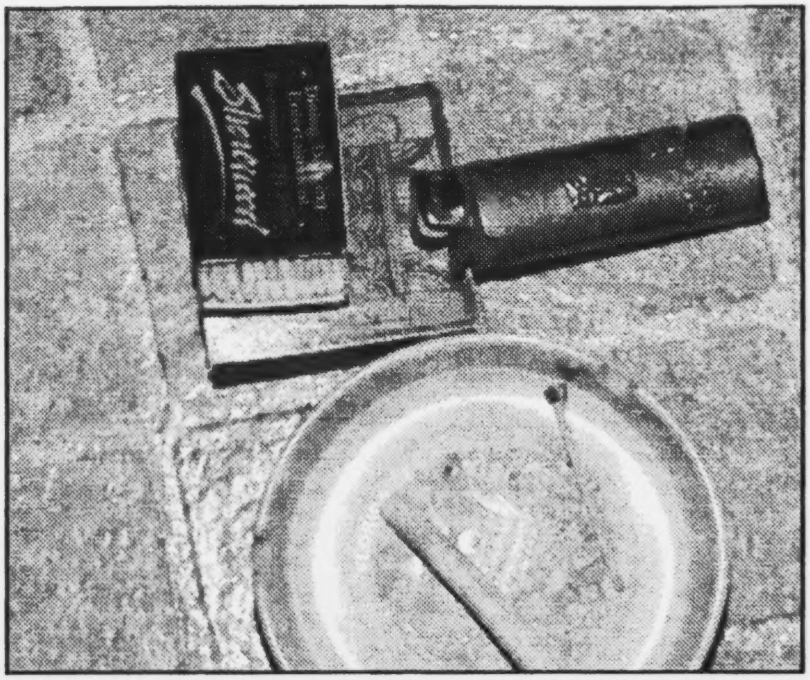
Always keep small things out of your baby's reach. Babies can choke on small things.

Ni ciaŋ nɔ̱ɔ̱ni ti nyintianni kɛ gaat kɛ ɣöö ci kɛn kɛ bi cop kɛ ɣöö dee gaat dɛc kɛ kɛ.



Always keep plastic bags, safety pins and buttons out of children's reach. Children can choke on these things.

Ni ciaŋ nääni pɛlɛthik kɛnɛ ti muɔthmuɔth cët kɛ dubuth ni kɛnɛ dhuraari kɛ ɣöö dee gaat dɛc kɛ kɛ.

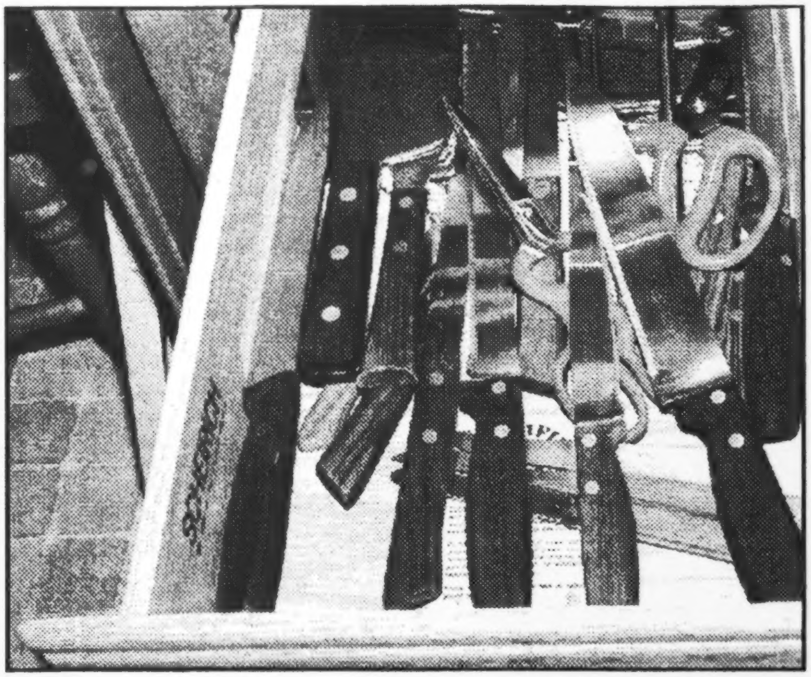


Always keep matches, cigarette lighters and ashtrays out of your children's reach. They can start a fire or burn your children.

Ni ciaŋ gaŋ gaat kɛ kiprit kɛnɛ dhinaar kɛ mac thijaarkä kɛ ɣöö dee kɛ mac dɔp kiɛ cuath kɛ ɣöö deekɛ waaŋ.

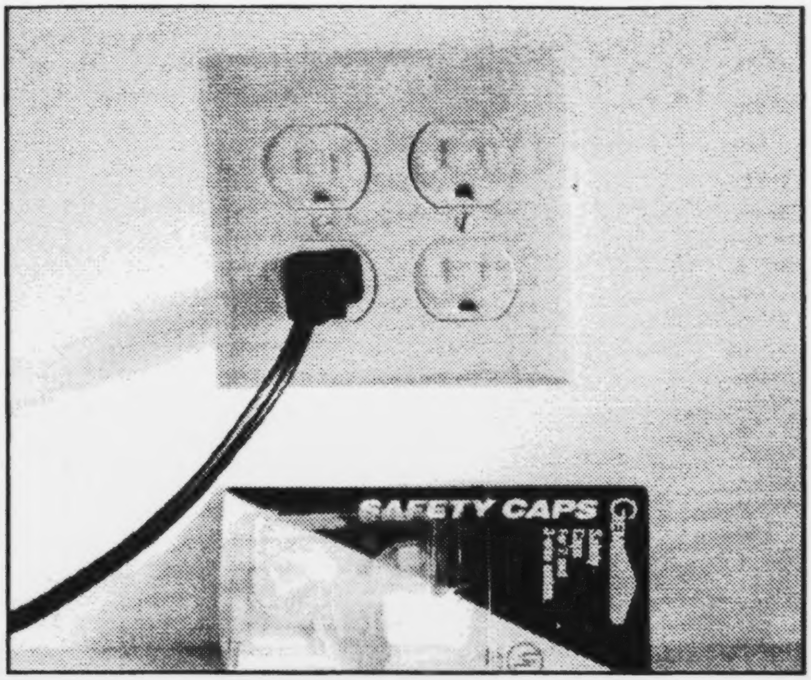
Many cleaning products are poison. Small children always put things in their mouth and these products can make them very sick. Keep cleaning products and medicine in high places where the babies and children can't see them or reach them.

Tin la lakɛ ŋɔak la kɛn lueŋ ɛ nöŋ. Gaat ti tian ni la kɛn ŋɔak a läth thukni kiɛn, kä dɛ tɔ̱tɔ̱ni kɛ moc juey. Bi nyiŋ la̱k kɛnɛ wal la̱th nhial gua̱th mi ci dholi kɛ bi cop thin



Always keep knives and sharp objects out of children's reach. They can cut or stab children.

Guäth ni diaal, lapni thakinni kiɛ mi moth a läthi. Gua̲th mi na̲n, kɛ ɣöö ci gaatkɛ bi cop, kɛ ɣöö dee kɛ rɔ tëm.

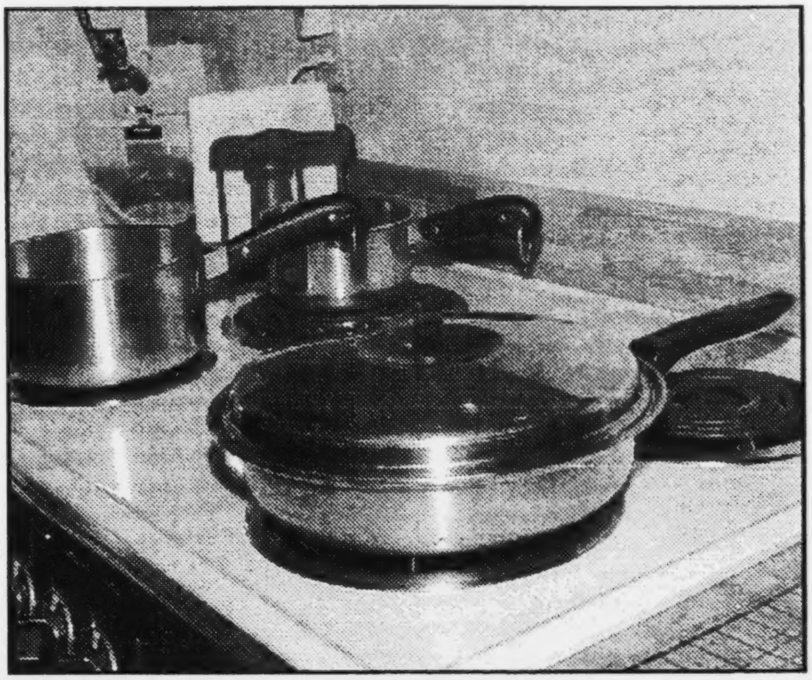


Always put plastic caps on electrical outlets. Electricity can hurt children if they touch the outlet or stick something in the outlet.

Guäth ni diaal lapni camciy karapɛ kä la kummi kɛ pɛlɛthik, kɛ ɣöö deerɛ gaat gaaŋ kɛ karapɛ. Mi ci kɛ karapɛ thiap kɛ tet kiɛn, dekɛ näk ɛ karapɛ, kumɛ kɛ duɔ̱ɔ̱r.

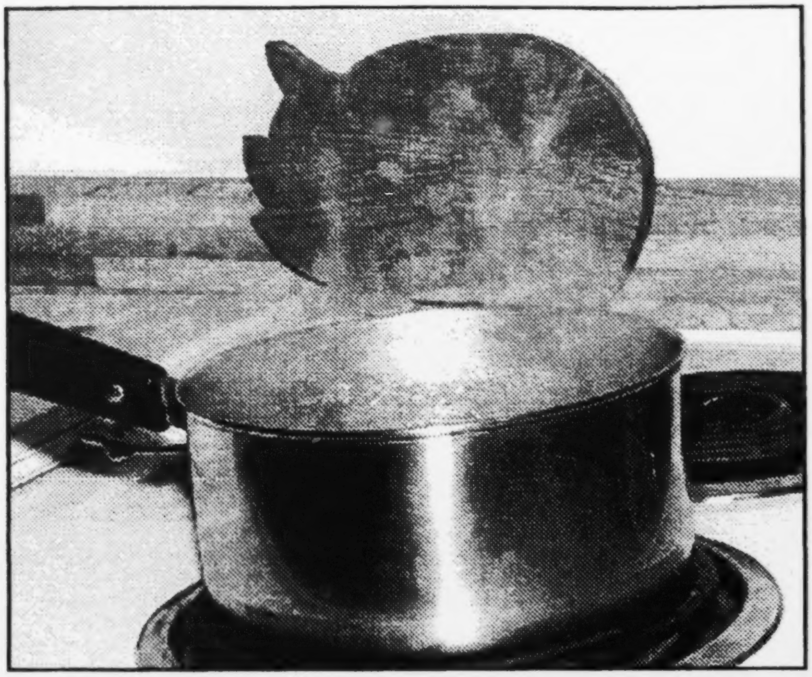
Never put hot food or drinks close to your baby. They can spill and burn your baby.

Guäth ni diaal cu kuän mi lethleth kɛnɛ math ti lethleth a läthi kut gatkä kɛ ɣöö deerɛ waŋ.



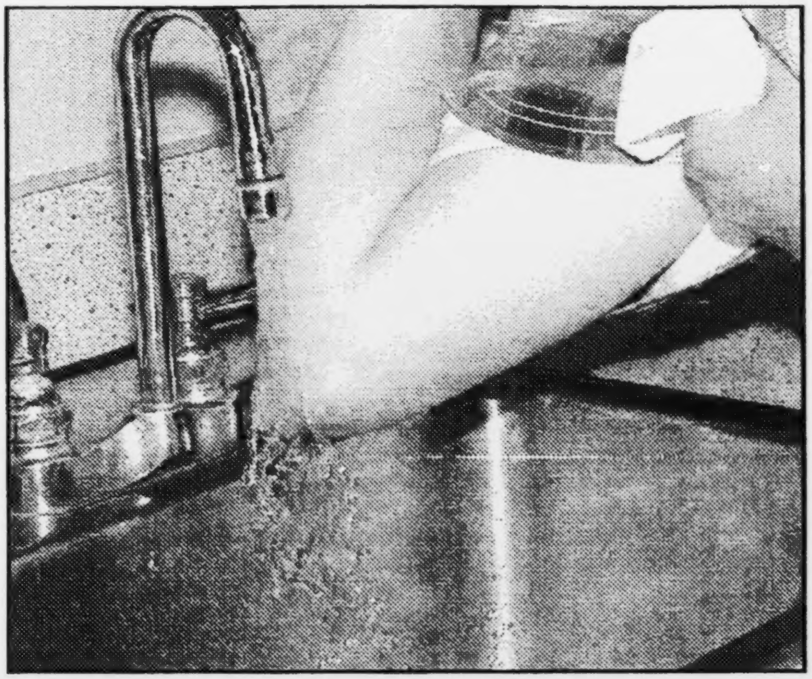
When you are cooking turn the pan handles in toward the wall, so children can't reach them. Children can pull pans off the stove and burn themselves.

Mi thati lapni kääp halɛ kä riti puɔ̱ny duel, kɛ ɣöö ci gaatkɛ bi cop. Dee gaat halɛ hɔak piny, kä dee kɛ waŋ.



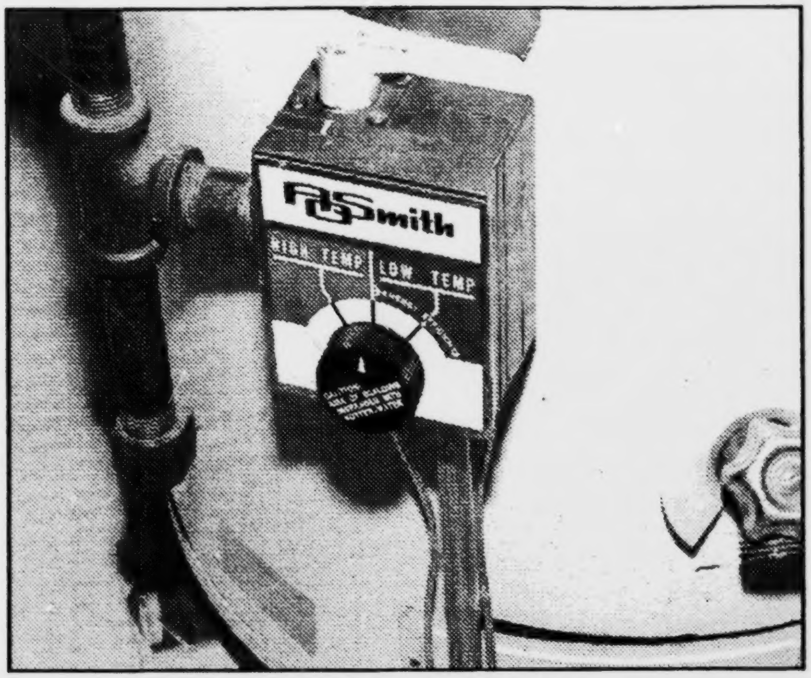
Always find a safe place for children to play when you are cooking. Hot liquids, grease and hot foods can seriously burn children.

Göri gaat guath mi gɔa mi ŋar kɛn thin mi thäti, pi ti lëthlëëth kiɛ kuän mi lethleth derɛ gaat waŋ.



Hot bath water can burn children. Always check the water temperature with your elbow before you put the baby in the water.

Pi ti leth dee kɛ gaat waŋ. Lapni lëth pi ni a thɛmi kɛ ciälu a käni gat ni la̱th rɛy pini.



If the hot water in your sink or bathroom is too hot, ask your landlord to turn down the water heater temperature to 120°.
This will prevent burns.

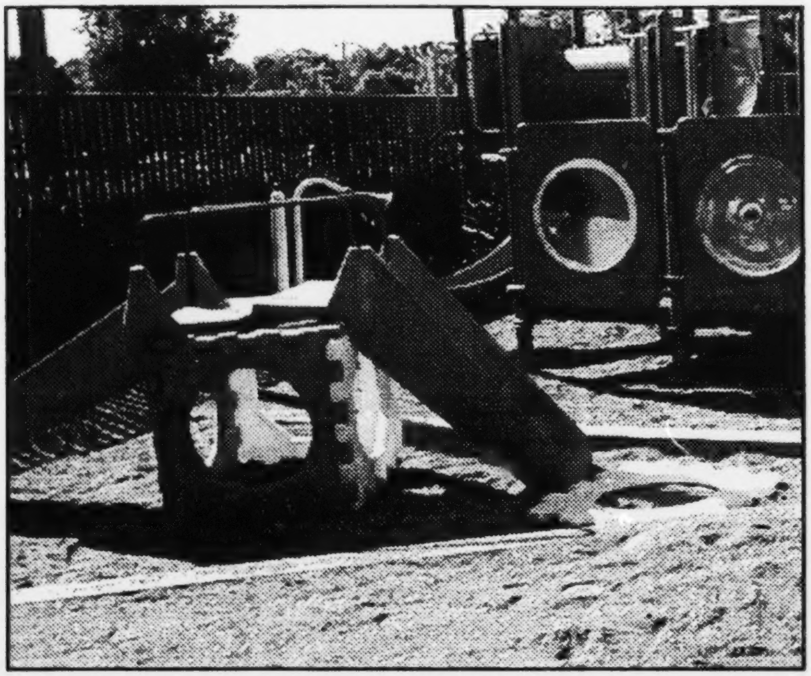
Mi ci piw tin te duel puɔkä leth, thiec gua̱n cieŋdu kiё lɛnlɔtdu. Kɛ ɣöö de ɛ leth pini tiec piny kä 120°. Kɛ ɣöö ci piw gaat be lɛ waŋ.

Never leave small children alone in the bathroom. Children can drown in the bathtub or toilet.

Cu gaat tin tiaani met ba̱ny duel puɔkä kä rɔ. Kɛ ɣöö dee kɛn mɔaa kɛ piw.

Baby walkers can be very dangerous.
Never leave your child alone in a walker.

Kɔm ja̱l gaan jiäke, /cu gatdu bäny piny kä
kärɔa wii kɔaam ja̱lɛ.

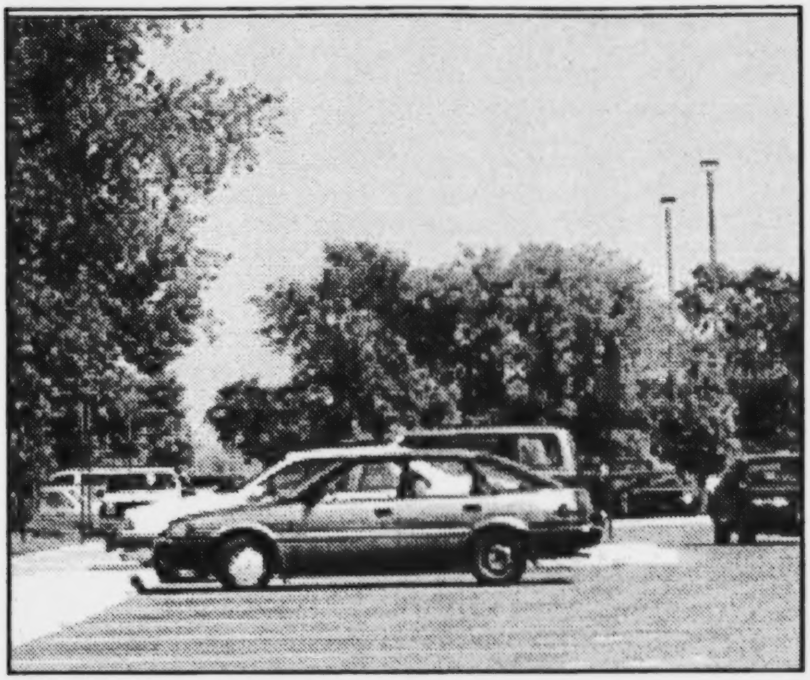


Always find safe places for your children to play. Always watch your children when they are playing outside.

Ni ciaŋ, lapni gua̱th ŋarkä mi gɔa a gööri kɛ kuic gaan ku. Ni ciaŋ lapni gaatku a laki mi ci kɛ we ŋar raar.

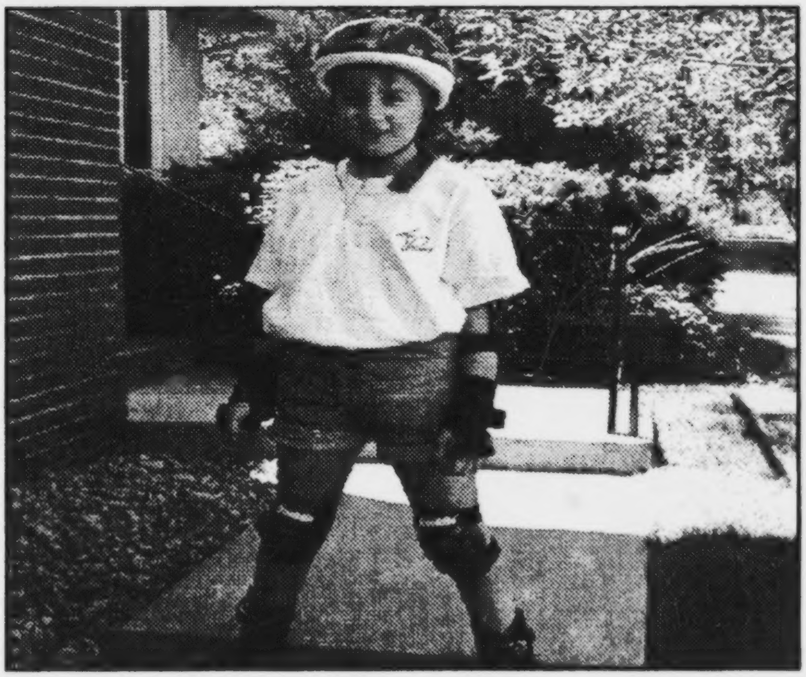
Always watch your children very carefully when they are near the water in swimming pools, lakes, ponds, and ditches, even when the water is frozen in the winter. Never leave your child alone near the water. Ask your social worker, doctor, nurse or a teacher at your child's school about swimming lessons for your children.

Ni ciaŋ, lapni gaat ku a guici, titkä kɛ guaath mi te kɛ piw, ciet kɛ pul pini kiɛ yier kiɛ guath lak kuakni, cu gaat ku a bänyi guathni tinte kɛ piw, mi cäŋ ci piw don ɛ la tuäk. Thiec läätdu kɛnɛ daktɔru, kiɛ kimdu, kɛ ŋiic gatkä dueel gɔrä, kɛ kui këtgaan.



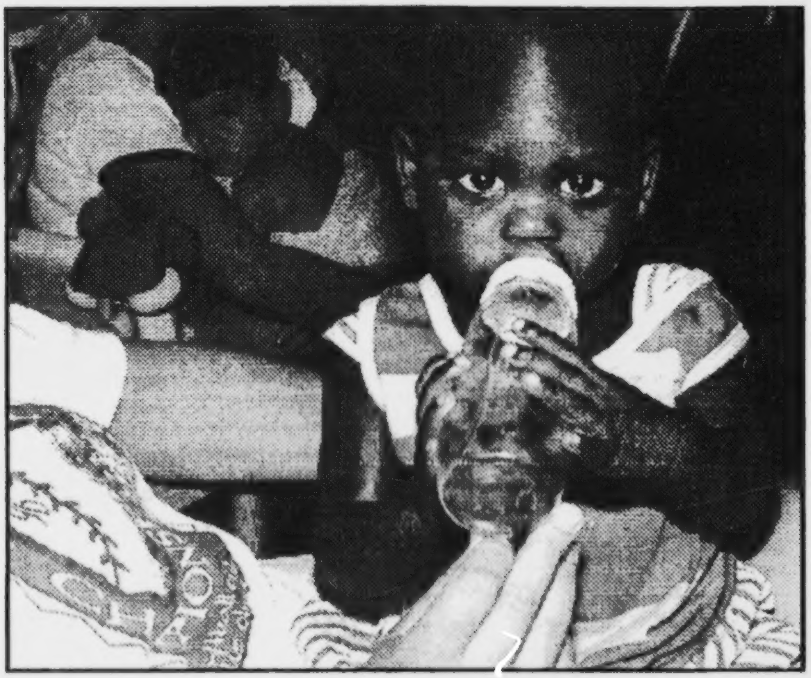
Never let your children play in the street or parking lot.

Cu gaatku jakä we ŋar rɛy caar kä, kiɛ guäth cuŋka thuɔ̱rbiɛli.



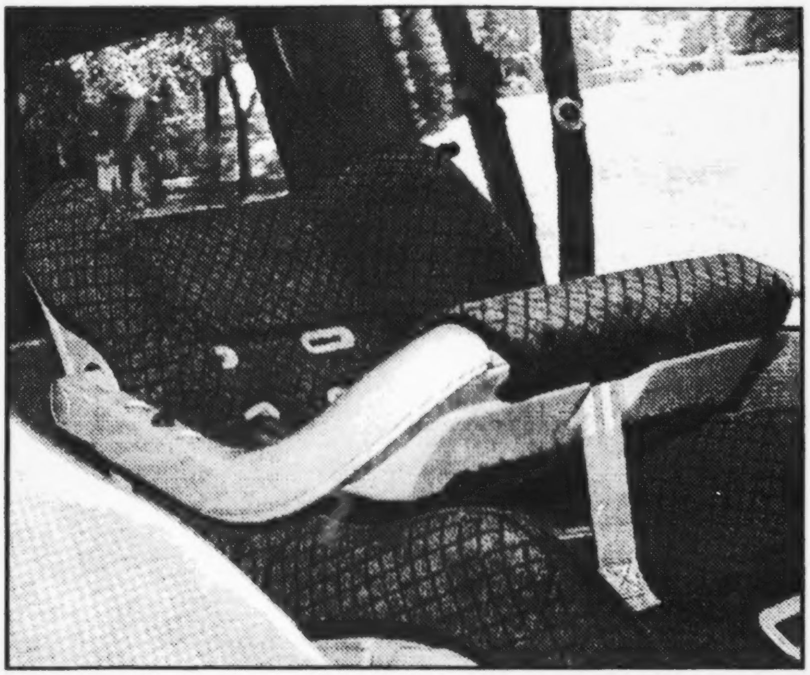
Always have your child wear safety equipment for sports, like a bike helmet when he/she rides a bike. Make sure the helmet fits and is safe. Children can fall from a bike and the helmet will protect them from serious injury.

Ni ciaŋ mi ŋar gaat ku lapni kaa jaa läth biayni ŋaari ciet kɛ kum guan jiök thiliɛk, mi ger ciäk kiɛ wut. Ŋäc ni jɛ i ci kum röŋ a gɔa a thil diw. Kɛ ɣöö de kɛn pɛn jɔɔ jiök thilik, kä de kum kɛ gaŋ ɛ ci kɛn buɔɔt tidit dee jek.



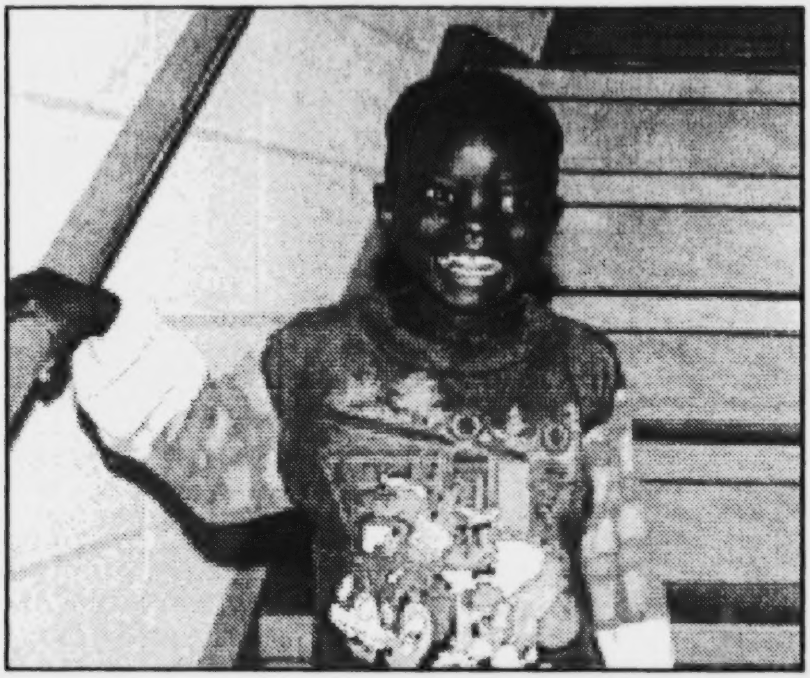
When you can't watch your children yourself, leave them with a good reliable baby-sitter or daycare provider. Make sure your baby-sitter follows safety rules.

Mi/ci gaat ku bi rɔm ɛ jin. Bäny ni kɛ gua̲th yupkä, kiɛ gua̲a̲th röm gan tin tiaani mi gɔaa. Ŋäc ni jɛ gua̲th röm gan görɛ ciaaŋ ŋuɔtni yupkä.



Always use a safe infant seat, when you drive with your baby in the car.

Ni ciaŋ, lapni kom nyurkä thuɔrbiɛl gatkä a läthi rɛi thuɔ̱rbiɛl mi geri.



We hope this book will help you give your child a safe and happy life.

Ŋääth nɛyɛ, I bok ɛmɛ, bɛ ji luäk kɛ ɣöö bɛ gat du yop kɛ ciaŋ tëëkä mi gɔa.

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